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NYC'S 1 FREE DAILY NEWSPAPER

GWEN'S WORKOUT IS HELLA GOOD

{page 21}

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NEW YORK
Wednesday, September 26, 2012

GETTY IMAGES

On the line with a phone sex operator

- Flick 'For a Good Time, Call' piques interest in the lives of phone sex operators
- What's it really like? Metro rings up some women who talk dirty daily {pages 04-05}

news

Some deface 'racist' ads in MTA system

- Ads supporting Israel posted in 10 subway stations called 'hate speech' {page 02}

the word

He's bringing MySpace back

- Timberlake was in Facebook movie, but he's revamping that site's predecessor {page 15}

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'Racist' stickers plastered over controversial ads

On the first day that 10 controversial ads referring to jihad as "savage" appeared in subway stations, several of them were covered by stickers with the words "racist" or "hate speech."

According to the Institute for Middle East Understanding — which said it had nothing to do with the stickers, but was alerted to the development yesterday morning — the stickers appeared over six of the ads throughout Manhattan. It is unclear who is responsible for posting them.

The ads, paid for by the American Freedom Defense Initiative, have been a point of contention since the MTA denied the organization's bid to purchase them. The case went to federal court in July where the ads were approved on grounds of free speech.

The posters read, "In any war between the civilized man and the savage, support the civilized man. Support Israel. Defeat Jihad."

Pamela Geller, executive director for the American Freedom Defense Initiative, told Metro, "These are leftist thugs and Islamic supremacists who want to shut down our free speech. It speaks more to the fact that hundreds and hundreds of anti-Israel ads were posted across the country, and not one was touched." METRO/CG

▶ A defaced ad yesterday

Cultural groups denounce ads

A coalition of cultural groups has denounced the ads as hate speech.

"The period between Rosh Hashanah and Yom Kippur is a time, for many Jews, of reflection and introspection," executive director of Jews for Racial and Economic Justice Marjorie Dove Kent said. "We must recommit ourselves during this time to speaking and acting against these despicable ads and against all forms of Islamophobia and bigotry."

"What's racist [about the ads]? Islam is not a race."
GELLER

In the news

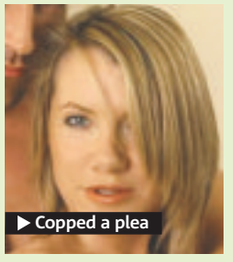
Staten Island pol calls Lady Gaga a 'slut'

Staten Island Borough President James Molinaro criticized Lady Gaga for what he said was glorifying drug use, and called her a "slut" on Monday. "Stop glorifying the drug use. There's Gaga. Here's this ... this ... I would call her a slut. This slut is influencing many, many children," Molinaro said.

In the news

Barclays countdown

Just three days until the Barclays Center opens on Friday! Brooklyn Nets center Brook Lopez teamed up with kids from the Navy Yard Boys & Girls Clubhouse for a visit to the Dream Team Barber Shop in Fort Greene yesterday afternoon. Lopez and the boys all received haircuts, while Lopez told them how excited he is to play in the Nets' inaugural season at the Barclays Center.


▶ Copped a plea

UES 'madam' pleads guilty in DA deal

NEW YORK. The "soccer mom madam" pleaded guilty to promoting prostitution yesterday in a deal where she will likely be sentenced to time served. Anna Gristina admitted to one count of promoting prostitution, according to the New York Post. She had faced a maximum of up to seven years if she went to trial. Prosecutors accused her of running a prostitution ring out of an Upper East Side apartment. METRO/AB

Man arrested in hate crime

GREENWICH VILLAGE. The NYPD charged Keith Patron, 44, with assault as a hate crime Monday, stemming from an incident at the West 3rd Street McDonald's last week. Police say that at 7 p.m. last Wednesday, Patron violently attacked a 22-year-old man after verbally abusing him with anti-gay statements. Patron took out a razor and slashed the victim on the elbow and face, police charge. METRO/DT

Apple products theft rate exceeds city crime hike

Thefts of items like iPhones are higher than the rate of overall crime, which is up 4 percent from last year Officers help register new iPhones No thefts of iPhone 5 yet reported in NYC, which just hit stores Friday

The launch of the iPhone 5 will supposedly push up the country's GDP this year. Except now it's pushing up New York City's crime rate as well.

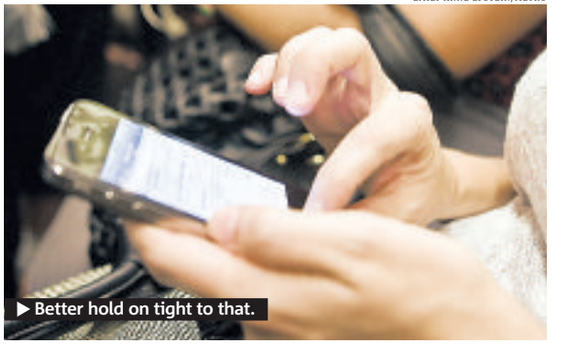
Coveted products like iPhones and iPads are being stolen at a pace that exceeds the overall crime increase, the NYPD announced late on Monday.

According to the police department, between Jan. 1 and Sept. 23 of this year, 11,447 Apple items were stolen, an increase of 3,280 Apple items stolen in that same time period last year. That's a 40 percent jump.

Officers warned New Yorkers to be aware while carrying phones and install protective technology.

Police also instructed New Yorkers on how to install and use the "Find My iPhone" app that cops can use to find lost or stolen phones.

"Individuals alert to their surroundings are less likely to become victims of thefts of iPhones and other handheld devices," Police Commissioner Raymond Kelly said. New Yorkers can also bring their phones to a police station to be engraved with a serial number.


EMILY ANNE EPSTEIN/METRO
▶ Better hold on tight to that.

Protect yourself and your phone

The NYPD suggested a few ways to protect your phone, in case it is stolen:

- Download and activate "Find My iPhone," which cops can use to locate it.
- Get a unique serial number at a police station.
- Be aware on the subway, where a crook could snatch the phone from your hand as train doors close.

1,500
This weekend, the NYPD registered 1,500 new iPhone5s at 21 stores where they were sold, including six Apple, seven Verizon and eight AT&T stores.

3,015
The increase in the number of crimes — up 4 percent — over last year's stats. This year so far, the number of total crimes in New York City sum to 79,335.

Making a stolen phone worth no more than an empty wallet

Earlier this year Kelly, along with New York Sen. Schumer and the Federal Communications Commission, announced that major cell phone companies will now be allowed to permanently disable stolen cell phones so they cannot be used. This would make products worthless on the black market. Right now, Schumer said, many companies just deactivate the SIM card, but it can still be used with a new SIM card, meaning it can be sold.

Quoted

"Our goal is to make a stolen cell phone about as worthless as an empty wallet."
SCHUMER

ALISON BOWEN
alison.bowen@metro.us

A call for greater transparency with crime in city parks

Public Advocate Bill de Blasio wants City Hall and NYPD to do a better job of recording crime in city parks

Councilman: We must do more, since NYPD is one of the world's most technologically advanced police forces

METRO FILE PHOTO

▶ Public Advocate Bill de Blasio pointed out that 311 uses technology like geocoding, wondering why similar tools aren't being used to record park crime.

The NYPD needs to do a better job of recording crimes that happen in the city's parks, some elected officials demand.

Council members are stepping up the fight for better park safety in the wake of four rapes in city parks in as many weeks.

On the heels of Speaker Christine Quinn's urging over the weekend against budget cuts to the NYPD and Parks Enforcement Patrol, Public Advocate Bill de Blasio yesterday called on Mayor Michael Bloomberg and the NYPD to improve the way crimes are reported in New York City parks.

In 2005, Queens Councilman Peter Vallone introduced a bill that mandated that seven major felony crime complaints be tracked in city parks. Prior to the legislation, the crimes would be reported as occurring at the nearest street address.

That bill became a law, but the crime-reporting program was supposed to expand incrementally and eventually include all city parks larger than one acre.

But the NYPD stopped at just 30 parks, claiming that it's technologically incapable of covering more than 30 parks, according to Vallone.

Vallone characterizes the "technology" used to generate the data as very old-fashioned: According to Vallone, an individual detective sifts through every single crime report and must read the actual write-up of every crime in order to determine whether the crime occurred inside or outside of a park.

"New York City practically invented data-driven policing," de Blasio said.

"There's no excuse for failing to take that same approach to our parks, where crime is on the rise," he said.

Where to find park crime data

- Even though all city crime is reported on the NYPD's own website, reports of park crimes — for the 30 parks for which crime is reported — are only available on a third-party website, www.ny4p.org, according to Vallone.
- Vallone said the 2005 law requires the NYPD to turn over the data to the City Council, which then passes it on to New Yorkers for Parks to make public. The website has statistics dating as far back as 2006.

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danielle.tcholakian@metro.us

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Secret life of

Hit comedy spurs curiosity in sex by phone Women who thrill telephonically say the money is good, but the riches hardly arrive overnight A few real phone sex operators describe to Metro some of their kinkiest calls

Never underestimate the power of a voice.

The sleeper comedy "For a Good Time, Call," in theaters nationwide, has perked interest in the world of phone sex.

It's a well-established industry that is still quietly plugging away, despite the rise of Internet porn.

The film chronicles the adventures of two young women who launch a phone sex line together out of their New York City apartment. It's not long before they're rolling in thousands of dollars.

But while real-life phone sex operators say the money is definitely good, they also caution that it doesn't happen overnight.

Lynnea, 30, is a phone sex operator based outside Pittsburgh. She's been in the industry for more than 10 years, and told Metro the notion

Just a 9-to-5 job

Ruby, a single mom, started taking calls as a PSO from 9 p.m. to 6 a.m. in a room on the other side of the house from where her kids were sleeping.

She told Metro once her son became an adult, she told him what she really does for a living and he supports her.

"I'm very upfront with it; I'm not ashamed of what I do," Ruby said. "This is my job, just like if I was a nurse or a teacher."

METRO/CG

The kinkiest calls

Aside from fielding calls from drunken or mentally disturbed people (which is about 15 percent of the time, according to Ruby), PSOs encounter just about every sex fetish out there. While the majority of men who call are either looking to play out fantasies where they are dominated or experimenting with another man, Ruby and Lynnea said they've received plenty of requests that surprise even them.

"One of the ones that always sticks out is dryer boy," Ruby said. "He wanted to make believe he was in the dryer and he was being tumbled around."

Another man who calls Ruby likes to wear pantyhose and fantasize that she is shoving 1,000 worms down his stockings, she said.

"I always say I have heard everything — and then I get something new," she said. "I've had guys tell me they are at a morgue and are going to be playing with dead bodies."

Lynnea, too, can attest to countless unusual requests.

"One of my more unique clients, his fantasy was the movie 'Barbarella,'" Lynnea said. "[On the call] I meet him in a bar or I meet him at work, but he puts me in the orgasm machine and he just wanted to listen to me moan."

Ruby said one of the hot topics on her calls right now is "cuckolding" — when a man is "forced" to watch his wife or girlfriend have sex with another man. She said the two other most popular fantasies among her male callers are experimenting with another man or being dominated by a woman.

phone sex operators

of quick cash while working from home during her college years is what drew her to explore the profession.

In her first year, she made $20,000. Now, she said, she easily makes $160,000.

"It's not quick money — you have to build your clientele," Lynnea said. "It took about five years 'till I was rolling in money and I'm not making a million a month, but I've been able to purchase a home."

Ruby, a phone sex operator who got into the industry as a stay-at-home mom, plays about 16 different female characters over the phone, from the hot and sexy "Caitlin" to the busty "Roxanne."

She answers calls that are routed to her through her company's dispatcher and gets paid 50 cents per minute. For her, the big money with phone sex — which she describes as narrated porn — comes from repeat clients whom she can keep on the line. Her longest call lasted more than 10 hours.

"It's probably not realistic to make $10,000 in a month. You have to get publicity, you have to advertise," said Ruby, who is originally from Queens but is now based in Florida. "If you can land what we call in the business a whale, you are going to do well, but those are few and far between."

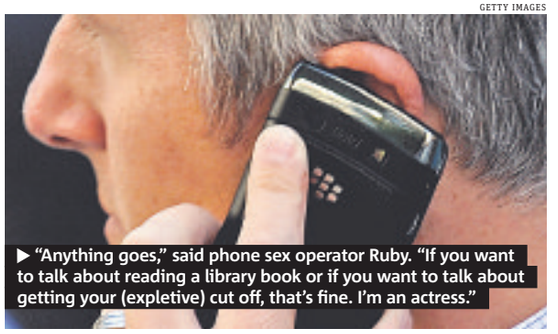
And, according to these PSOs, as phone sex operators call themselves, you must be willing to explore the deepest depths of sexuality. Lynnea refuses to talk about anything that is illegal in real life, like pedophilia or bestiality. But Ruby, a so-called "no-taboos" PSO, will discuss any fetish a client wants to talk about, she said.

CASSANDRA GARRISON
cassandra.garrison@metro.us

$160K

In her first year, she made $20,000. Now, she said, she easily makes $160,000. "It's not quick money, you have to build your clientele," Lynnea said. "It took about five years 'till I was rolling in money and I'm not making a million a month, but I've been able to purchase a home."

GETTY IMAGES



▶ "Anything goes," said phone sex operator Ruby. "If you want to talk about reading a library book or if you want to talk about getting your (expletive) cut off, that's fine. I'm an actress."

Is it your calling?

Phone sex operators predict a rise in interest from women considering joining the profession following the release of "For a Good Time, Call."

▶ "Everytime there is some type of media exposure, I get swamped with applications," Lynnea said, adding that prospective PSOs have to brace themselves for disturbing calls.

▶ "You are going to encounter every issue because you are talking to men nationwide," she said. "You will encounter racists who want you to use racial slurs in your phone sex."

Ruby said aside from needing a land line and committing to 20 to 40 hours a week, a PSO has to be outgoing, imaginative, knowledgeable about sexual fetishes and, most importantly, able to offer a human connection by phone.

▶ "You need compassion. Sometimes the call is the only nice part of their day."

Just how secret are their secret careers?

While Lynnea admits that close friends and family know she works as a phone sex operator, she typically tells people in social settings that she is an operator for the Home Shopping Network. Though she currently has a long-term boyfriend who knows and accepts her profession, she said the topic wasn't always easy to navigate.

"There have been guys I dated in the past that weren't going to accept it but that's also someone I was not going to spend my life with, either," she said. "I have had some that have gotten concerned as if I am cheating on them, but that's not the case."

METRO/CG

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Metro Photo Challenge

▶ "Sandy Island Beach off the North Coast of Grenada in the Caribbean" by Bryan Gershen.

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Obama at UN vows US won't let Iran gain nuclear weapon

JOHN MOORE/GETTY IMAGES

▶ Obama

President Barack Obama warned Iran yesterday the United States will "do what we must" to prevent it from acquiring a nuclear weapon and said time was running short for diplomacy but ignored the Israeli prime minister's demand to set a "red line" for Tehran.

Taking the podium at the United Nations six weeks before the U.S. presidential election, Obama sought to counter criticism of his foreign record by Republican rival Mitt Romney, who has accused him of mishandling the Arab Spring uprisings, damaging ties with Israel and not being tough enough on Iran.

Obama also challenged world leaders to stand united against anti-American violence that has swept many Muslim countries in recent weeks and to promote tolerance amid anger over a crudely made video that offended Islam.

"A nuclear-armed Iran is not a challenge that can be contained," he said. "It would threaten the elimination of Israel, the security of Gulf nations and the stability of the global economy."
PRESIDENT BARACK OBAMA

BRENDAN SMIALOWSKI/AFP/GETTYIMAGES

▶ People listen as Obama speaks during the General Assembly of the United Nations yesterday in New York City.

Seeking to step up pressure on Iran, Obama told the U.N. General Assembly that there was still scope for reaching a diplomatic solution but that "time is not unlimited."

His tough talk appeared aimed at easing Israeli Prime Minister Benjamin Netanyahu's concerns about U.S. resolve to curb Tehran's nuclear drive, as he reasserted before the world body that he would never let Iran develop an atomic bomb and then simply contain the problem. **REUTERS**

New in brief

China carrier a show of force as Japan tension festers

TOKYO/BEIJING. China sent its first aircraft carrier into formal service yesterday amid a tense maritime dispute with Japan in a show of force that could worry its neighbors.

China's Ministry of Defense said the newly named Liaoning aircraft carrier would "raise the overall operational strength of the Chinese navy" and help Beijing to "effectively protect national sovereignty, security and development interests." **REUTERS**

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Stacy Loeb, MD
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News in brief

GETTY IMAGES

Seahawks' disputed TD may have swung $150M in bets

SEATTLE. The disputed game-ending touchdown that gave the Seattle Seahawks a 14-12 win over the Green Bay Packers on Monday night may have swung $150 million in bets worldwide, according to Las Vegas bookmakers.

The Packers were 3½-point favorites and held a 12-7 lead in Seattle before the Seahawks' 24-yard pass on the game's final play.

Jeff Sherman, assistant manager at the Las Vegas Hotel's Super Book, estimated that about $15 million was wagered in Nevada on the nationally televised Monday-night game and the total worldwide handle – including offshore sportsbooks, those in Europe and illegal betting – was about $150 million. **BLOOMBERG**

BlackBerry maker faces crucial quarterly report

TORONTO. Research In Motion Ltd's quarterly results this week may hold a clue as to whether the smartphone maker can pull off its make-or-break plan to reinvent itself with a new generation of completely revamped BlackBerry devices.

RIM watchers agree the results tomorrow will be dismal at best. But the size of RIM's cash pile ahead of the 2013 launch of its new BlackBerry 10, or BB10, lineup is crucial to its success or failure. **REUTERS**

US fiscal cliff looms over global economy

DAN KITWOOD/GETTY IMAGES

▶ Euro coins

The euro zone has stepped back from the brink of disaster for now, but the global economy could soon be staring into another abyss if U.S. politicians fail to head off $600 billion in automatic austerity that all but guarantees a new recession.

The long-term fate of the single currency remains unclear, but nerves have calmed since the European Central Bank promised on Sept. 6 to act as the buyer of last resort for Spanish and Italian bonds.

Now, exactly six weeks before the U.S. general election, fiscal gridlock in Washington is coming back on the global economy's risk radar.

If opinion polls hold steady and prove accurate, President Barack Obama, a Democrat, will defeat Republican Mitt Romney on Nov. 6. The House of Representatives is likely to stay in the hands of the Republicans, who have a chance of seizing control of the Senate.

On the surface, with power split, that could make it harder to avert $600 billion in spending reductions and expiring tax cuts, equal to 4 percent of gross domestic product, that will kick in at the start of 2013 unless a deal is struck to shrink the U.S. budget deficit by at least $1.2 trillion over the next decade. **REUTERS**

Quoted

"The level of political partisanship in Washington is higher than it's ever been, and that it is making it much harder to deal sensibly with some of the economic and other problems America is facing."
XENIA DORMANDY, LONDON THINK-TANK CHATHAM HOUSE

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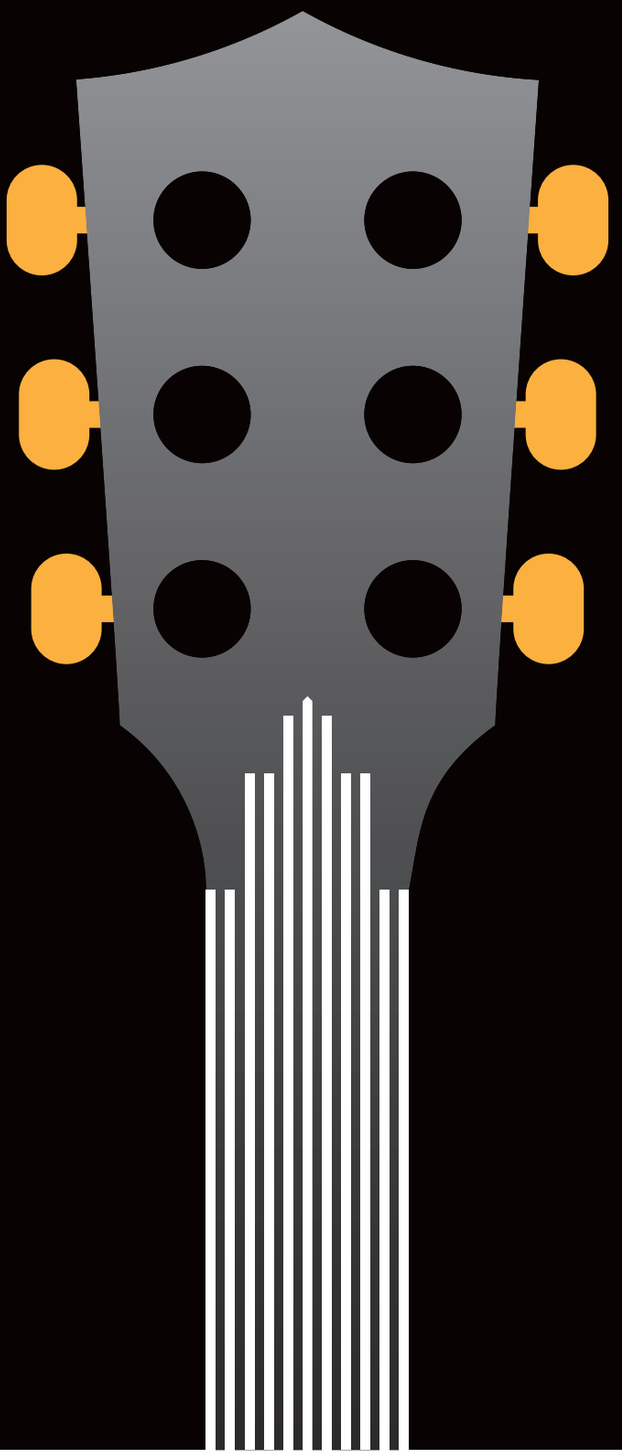

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In the news

Louis Vuitton risks logo fatigue as Chinese tastes mature

Luxury-goods makers early into China have long counted on consumers there to snap up $1,000 handbags and other pricey — and profitable — wares.

Now, Chinese tastes are changing in ways that may hurt the brands that expanded most aggressively in the country. As more Louis Vuitton bags and Gucci wallets flood cities like Beijing and Shanghai, consumers are eschewing readily available logoed products in favor of more distinctive alternatives. **BLOOMBERG**

NFL Monday Night 'debacle' yields calls for labor settlement

The National Football League said it stood by the call that both gave the Seattle Seahawks a last-second win over the Green Bay Packers and accelerated criticism of substitute officials.

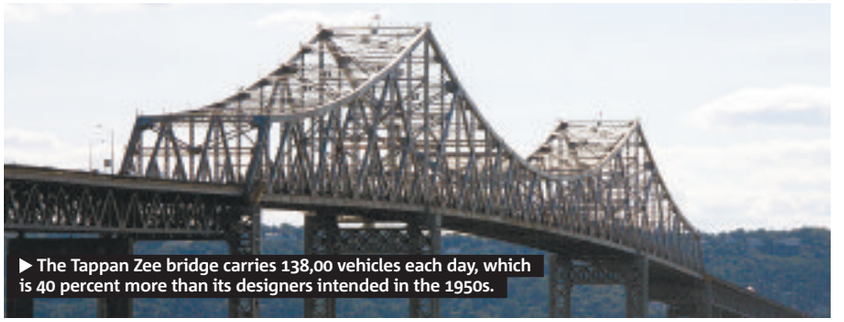
From Hall of Fame players to the Wisconsin governor's office, the NFL was inundated with pleas to settle with the officials' union and protect the image and integrity of the nation's most popular sport.

Sports management professors and labor lawyers argued over whether the call that gave Golden Tate a touchdown and the Seahawks a 14-12 nationally televised victory would hasten a settlement to the contract dispute that hinges on pensions.

The $9.3 billion-a-year NFL left no doubt on the outcome of the game. **BLOOMBERG**

Cuomo's Tappan Zee plan gets US approval in fast track

BILLY BECERRA/METRO



▶ The Tappan Zee bridge carries 138,00 vehicles each day, which is 40 percent more than its designers intended in the 1950s.

New York Gov. Andrew Cuomo's plan to build a $5.2 billion replacement for the Tappan Zee Bridge across the Hudson River won approval from the Transportation Department.

Cuomo made the announcement today on a conference call with reporters. The permitting process, which includes an environmental review, typically takes about three years for a project this size, said Andy O'Rourke, a New York Thruway Authority spokesman. It took fewer than 10 months after President Barack Obama designated the bridge as one of 14 construction plans put on a so-called fast track for approval.

The decision allows Cuomo, who has made replacing the span a priority, to select a contractor and begin construction.

"This was the aspect of the project that had me holding my breath, and I'm going to exhale today," Cuomo said on the conference call. "This was really the big hurdle." The step is the latest in what Cuomo has called a "phenomenally rapid" pace to get the new bridge built after a decade of talks and $88 million in studies that led nowhere. He says building the new span will be an example of government breaking down barriers that have impeded progress. **BLOOMBERG**

14 President Barack Obama designated the bridge as one of 14 construction plans put on a so-called fast track for approval.

3.1 The 3.1-mile Tappan Zee Bridge carries 138,000 vehicles each day between Westchester and Rockland counties.

56 The 56- year-old span is located about 20 miles north of Manhattan and is part of the New York State Thruway system.

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Ahmadinejad out of UN

The representative of the religious, terrorist dictatorship ruling in Iran with a long record of cruelty inside and outside the country has no place in UN

Messenger of hate and death

Ahmadinejad does not represent Iran, he is the oppressor of Iranian people.

Iranian regime's record:

- Execution of 120,000 political prisoners, mainly activists of the People's Mojahedin Organization of Iran (PMOI/MEK)
- Masterminding massacre of 49 Iranian dissidents, members of the People's Mojahedin Organization of Iran (PMOI/MEK) in Camp Ashraf, Iraq
- 64 UN resolutions have condemned human rights violations in Iran
- Suppression of women, ethnic and religious minorities
- The central banker of international terrorism
- Building atomic bomb and breaching four UN Security Council resolutions
- The only ally of Syrian dictator
- Actively involved in suppression and killing of Syrian people
- Over 100 of its officials are in the UN, EU & US sanction lists

A group of prisoners hanged in public by crane.

Saying farewell to people moments before his execution.

Bodies of Iranian dissidents, members of the People's Mojahedin Organization of Iran (PMOI/MEK), massacred in Camp Ashraf in April 2011 by Iraqi forces at the behest of Iranian regime.

The National Association of Iranian Academics in Britain - Tel: 0044 7785231606

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Starts today at these 2 convenient locations: The Hilton New York and the Marriott Brooklyn Bridge.

Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

WHY NOW IS A GOOD TIME TO SELL! The economic downturn of the last few years has caused the price of gold, silver and many commodities to their highest levels in over 30 years. This is the best time in decades to sell your unused gold, silver, platinum and diamond jewelry at the highest prices ever.

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay up to the following for rare & collectible jewelry:

Silver Jewelry	Up To...$750	Art Deco	Up To...$13,000
Brooches	Up To...$15,500	Cuff Links	Up To...$1,000
Pendants	Up To...$8,000	Pins	Up To...$5,500
Necklaces	Up To...$26,000	Rings	Up To...$16,000
Cocktails Rings	Up To...$15,500	Art Nouveau	Up To...$12,500
Charm Bracelets	Up To...$5,500	Lavalieres	Up To...$8,000
Earrings	Up To...$10,500	Garnets Jewelry	Up To...$1,000
Bracelets	Up To...$13,000	Bakelite Rings	Up To...$750
Cameos	Up To...$750	Floral Design	Up To...$10,500
Victorian	Up To...$10,500		

We Need Your Jewelry Items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!

We pay more for rare items. Many more items not listed accepted!

DIAMONDS

Instant Cash For:

1/4 Carats	Up To	$375
1/2 Carats	Up To	$1,500
1 Carats	Up To	$4,250
2 Carats	Up To	$15,250
3 Carats	Up To	$20,000
4 Carats	Up To	$35,000
5 Carats	Up To	$43,000
6 Carats	Up To	$55,000

We Need Larger Diamonds! 2 Carats and Up!

We buy all shapes, sizes & styles of cuts. Also diamonds with or without GIA certificates as well as old miners and European cuts

Bring your items in for a FREE EVALUATION!

SILVER JEWELRY

We Buy in Any Style & Condition!

Both Men &Women's Silver Jewelry Purchased

- Rings
- Earrings
- Chains
- Necklaces
- Pendants
- Bracelets
- Anklets
- Toe Rings
- Engraved

GOLD

All Types Needed Instant Cash For:

Pay up to for the following:

Chains & Necklaces	Up To	$250
Class Rings	Up To	$500
Charm Bracelets	Up To	$5,500
Wedding Bands	Up To	$250
Mountings	Up To	$750
Antique Items	Up To	$5,500
Single Flatware Items	Up To	$750
Dental Gold Items	Up To	$500
Coins & Bullion		Bring for quote
Scrap Gold		Bring for quote

We Buy Anything Made of Gold or Platinum, Even Broken or Damaged!

ALL TYPES OF COINS WANTED

We will pay up to for the following rare coins:

*U.S. Silver Halves 1934 and Older	*U.S. Three Cent Pieces 1889 and Older
*U.S. Silver Quarters 1932 and Older	*U.S. Two Cent 1873 and Older
*U.S. Silver Dimes 1934 and Older	*U.S. Indianhead 1 cent 1909 and Older
*U.S. Half Dimes 1873 and Older	*U.S. Large Cent 1857 and Older
*U.S. Nickels 1913 and Older	*U.S. Half Cent 1857 and Older

Your Coins Could be Worth Up To Hundreds - Even Thousands!

**Check your items to see if you own any of these valuable coins:*

U.S. Silver Halves - 1870 CC	Up To	$3,000
U.S. Silver Quarters - 1901 S Quarters	Up To	$2,500
U.S. Silver Dimes - 1885 S	Up To	$2,500
U.S. Half Dimes - 1802 Heraldic Eagle Reverse	Up To	$4,000
U.S. Two Cent - 1864 Small Motto	Up To	$1,000
U.S. Large Cent - 1803 Large Date Small Fraction	Up To	$1,250
U.S. Half Cent - 1793	Up To	$1,250

SILVER DOLLARS

We pay up to the following for rare dollars:

United States

1794 to 1803	1840 to1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds - Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse	Up To	$25,000
Gobrecht reeded edge dye alignment	Up To	$5,500
1873CC Liberty Sealed	Up To	$5,500
1878CC	Up To	$15,500
1889CC	Up To	$13,000
1928	Up To	$5,500

Our Aim is to Beat Most Offers!

We Strive to Beat All Legitimate Written Offers

Before Bringing your items to us, take them to other dealers. Have them give you legitimate offers in writing. Then bring your jewelry and written offers to one of our locations. Although no one can guarantee with certainty they are paying the highest price for an article at any particular time, we will strive to beat most legitimate written offers.

A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

Customer Satisfaction

Most of our business comes from satisfied customers and referrals which includes their friends and families. Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Free Admission • No Appointment Necessary
Safe & Secure • Onsite Security

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Tomorrow Thursday, September 27th: 11AM-6PM

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Starts today at these 2 convenient locations: The Hilton New York and the Marriott Brooklyn Bridge.

Jewelry, Gold & Silver Bars, Watches, Coins, Precious Metals, Sterling Silver and Diamonds!

2 DAYS ONLY!

THIS WEDNESDAY, SEPTEMBER 26th & THURSDAY, SEPTEMBER 27th at
THE HILTON NEW YORK &THE MARRIOTT BROOKLYN BRIDGE.

YOUR ITEM LIST

Take a few moments to check ✓ off the items you may have that we need!

✓**JEWELRY:**
- ❑ Gold Jewelry
- ❑ Silver Jewelry
- ❑ Diamond Jewelry
- ❑ Wristwatches
- ❑ Pocketwatches
- ❑ Antique Jewelry
- ❑ Cameos
- ❑ Platinum Jewelry
- ❑ Charm Bracelets
- ❑ Gold Rings
- ❑ Garnet Jewelry
- ❑ Enamel Items on Gold & Silver
- ❑ Dental Gold

✓**COINS & PAPER MONEY:**
- ❑ Silver Dollars (Pre-1935)
- ❑ Silver Coins (Pre-1964)
- ❑ Silver Bars
- ❑ Gold Bars
- ❑ U.S. Gold Coins
- ❑ Foreign Gold Coins
- ❑ Gold Bullion Coins
- ❑ Proof Sets
- ❑ Mint Sets
- ❑ Paper Money (1860-1934)
- ❑ Coin Collections
- ❑ Carson City Silver Dollars
- ❑ Indianhead Pennies
- ❑ Investment Coins
- ❑ Certified Coins

✓**STERLING SILVER:**
- ❑ Silver Jewelry
- ❑ Flatware Sets
- ❑ Single Flatware Items
- ❑ Tea Sets
- ❑ Antique Items (all kinds)

PLEASE NOTE: We can arrange one of our representatives to visit your home if you have a large jewelry and coin collections.

STERLING SILVER

All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces	Up To	$3,500
Claret Jugs	Up To	$750
Full Flatware Set	Up To	$8,500
Punch Bowls & Sets	Up To	$5,000
Single Flatware Items	Up To	$750
Tea Sets	Up To	$5,000
Trophies	Up To	$1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

GOLD COINS

We pay up to the following for rare gold:

United States

*$1.00 1849 to 1889	*$5.00 1795 to 1833	*$10.00 1795 to 1804
*$2.50 1796 to 1834	*$5.00 1834 to 1838	*$10.00 1839 to 1932
*$2.50 1840 to 1929	*$5.00 1839 to 1908	*$20.00 1850 to 1933
*$3.00 1854 to 1889	*$5.00 1908 to 1929	

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

$1.00	1849C	Up To	$10,500
$2.50	1796 Capped Bust large left side	Up To	$18,000
$2.50	1841 Quarter Eagle Liberty Head	Up To	$5,000
$3.00	1854D	Up To	$10,500
$5.00	1795 Small Eagle	Up To	$52,000
$5.00	1838D	Up To	$10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To	$6,500
$5.00	1909O, 1929	Up To	$6,500
$10.00	1793 13 Leaves Below Eagle, 1796 9 Leaves Below Eagle	Up To	$20,500
$10.00	1859O, 1863S, 1875	Up To	$8,000
$20.00	1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To	$10,500

WRIST & POCKET WATCHES

All Kinds, Time Periods & Types

Rare Watches Worth a Fortune in Cash! Pay up to for the following:

Ball	$4,000	Gallet	$1,250	Seth Thomas	$1,500
Breitling	$15,000	Hamilton	$500	Tiffany & Co	$15,000
Cartier	$12,500	Illinois	$1,500	Ulyssee Nardin	$10,000
Corum	$3,000	Jules Jurgenson	$16,000	Chronograph Watches	$16,500
Ditishiem	$14,000	LeCourlte	$6,000	Ladies Watches	$11,000
Dudley	$11,500	Longines	$13,000		
E. Howard & Co	$12,000	Movado	$2,500		
Elgin	$750	Omega	$2,500		
Frodsham	$12,000	Rolex	$16,000		

PLEASE NOTE:
We also purchase watches that are NOT in working order.

Breitling
Up To $15,000

Rolex - All Kinds
Up To $16,000

Tiffany & Co.
Up To $15,000

Cartier
Up To $12,500

Longines
Up To $13,000

WANTED ALL SILVER COINS 1964 or Prior

Why You Should Sell Now!

The Economy & Market Value
The recent downturn of our economy during the last three years has caused gold and other precious metal prices to soar to the highest levels of all time. This is the reason this is best time to sell before prices drop.

Get Cash Immediately
Our professional staff will provide you with a speedy evaluation and make all payments in cash.

No Charge
We do not charge for our consultations. Find out how much cash your unwanted items will put in your pocket. Many customers have been surprised and delighted by the amount of money they received.

Professional & Courteous
Our staff is courteous and professional and we strive as a company to make your selling experience a pleasant one.

Licensed, Bonded & Insured
We are licensed, bonded and insured in all cities and towns in which we conduct business.

Help the Environment
Using recycled precious metals for jewelry is an important way for jewelers to source precious metals more responsibly. Precious metals that have already been used in some way, including "vintage," "renewed," or "reclaimed" metals from jewelry and electronics, are not directly implicated in the destructive impacts of mining. They do not share responsibility for the impacts of mining in the same way that newly mined gold does.

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— J. Grace

It was really fast!
— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— J. Simek

My service was exceptional!
— C. Sweeney

Very informative & professional. A relaxed atmosphere & experience.
— D. Rees

The staff was helpful and friendly. I was able to take old jewelry and walk away with a handsome amount of money.
— D. Smith

I was offered a certain amount at one place and when I told RCFG the amount they beat the price by a good amount. People are very friendly and courteous.
— J. Bloomquist

Had fun selling my old jewelry that was broken. Received some extra cash for Springtime and our new puppy. I would reccomend RCFG!
— C. Lang

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News in brief

President: We need our refs back

Well before the disputed game between the Green Bay Packers and Seattle Seahawks last night that ended in a touchdown crowd-catch requiring a 10-minute off-field conference of the temporary referees, President Barack Obama was on to the NFL's problem.

Last week, as the Milwaukee Sentinel Journal's Bill Glauber reports, the president spoke about the league's stand-in referees in a telephone interview. They were talking about the Cleveland Browns when Obama said: "One thing I got to say, though: Is it just me or do we have to get our regular refs back?"

The president also made his thoughts known on Twitter yesterday – @BarackObama: "NFL fans on both sides of the aisle hope the refs' lockout is settled soon." **BLOOMBERG**

Obama leading in Fla., Ohio polls

President Barack Obama leads Republican nominee Mitt Romney in Florida and Ohio, two crucial states for the challenger, according to a poll published today. The Washington Post survey of likely voters gave Obama a lead of 51 percent to 47 percent in Florida, the decisive state for Republican George W. Bush in 2000, and a 52 percent to 44 percent lead in Ohio, a state captured by every Republican candidate who won the White House.

The findings of the poll taken Sept. 19-23 were similar to a Sept. 9-11 survey of likely voters taken by NBC News, the Wall Street Journal and Marist College. That survey found Obama with a 49-percent to 44-percent advantage in Florida and a 50-percent to 43-percent edge in Ohio. **BLOOMBERG**

Mitt Romney pulls his punches at Clinton event

Introduced by Bill Clinton and facing a room filled with Democrats, Republican presidential nominee Mitt Romney pulled his punches yesterday and outlined an approach to foreign aid that would boost the role of free enterprise in developing nations.

Romney addressed the former president's Clinton Global Initiative and from the outset made light of his situation.

Clinton's speech at the DNC last month gave a boost to President Barack Obama, who now leads Romney in a number of swing states that will be vital in the Nov. 6 election.

The Clinton Global Initiative is a bipartisan aid effort, and Romney held back from his usual campaign barbs against Obama. **REUTERS**

DEBRA L ROTHENBERG/WIREIMAGE

▶ Presidental candidate Mitt Romney and former President Bill Clinton attends the Clinton Global Initiative 2012.

Quoted

"If there's one thing we've learned this election season, it's that a few words from Bill Clinton can do a man a lot of good. After that introduction, I guess all I have to do is wait a day or two for the bounce."

ROMNEY, JOKING ABOUT SHARING THE STAGE WITH CLINTON, WHICH PROMPTED LOTS OF LAUGHTER FROM THE LARGE AUDIENCE

All about Ohio

High-profile campaign visits this week underscore Ohio's importance in the election. **BLOOMBERG**

52
Years since a presidential candidate was elected without carrying Ohio in the general election

12
Ohio has sided with the White House winner in the past 12 presidential races.

20
Ohio has 20 electoral votes at stake, the seventh most in the nation.

29K
Obama and Romney have bought more than 29,000 ads in Ohio since Sept. 17.

51.5
Obama won in Ohio four years ago with 51.5 percent of the vote to John McCain's 46.9 percent.

Metropolitik

TIMOTHY P. CARNEY
SENIOR POLITICAL ANALYST, THE WASHINGTON EXAMINER

THE FEDERAL GOOD LIFE

It's tough to run against big government in a state made rich by big government. Virginia Republican George Allen is trying to walk that fine line in his open-seat U.S. Senate race. Only three counties in America have a median household income higher than $100,000, and they are all in northern Virginia: Loudoun, Fairfax and Arlington. Look a bit further down the Census Bureau's list published last week, and notice that seven of the country's 10 richest counties are within commuting distance of D.C. You can surmise where that wealth is coming from: the expanding federal government.

The federal workforce is huge here. Fairfax, Loudoun and Arlington have 200,000 government workers among them. In the two counties on the Metro rail system, Arlington and Fairfax, government employs 25 percent of all workers — compared with less than 15 percent nationwide.

Then add in federal contractors who work here in order to be close to the center of power: between "500,000 and 600,000 federal contract workers supported by $82 billion in federal procurement awards," according to Stephen Fuller of George Mason University's Center for Regional Analysis.

Fuller adds: "Federal spending constitutes 40 percent of the Washington-area gross regional product, without counting the lobbyists and associations or tourists."

Hence northern Virginia's wealth. A family headed by two GS-10s (federal employees with moderate experience) at the Department of Energy could easily pull in $128,000 between them. If one of them cashes out, for instance, going to a downtown nuclear-industry trade association or a green-energy lobbying firm, she could command $200,000, easy.

The workers in the military-industrial complex haul in even more, especially if they came to Lockheed Martin or Northrop Grumman through the revolving door from the Pentagon or Capitol Hill.

As a result, government overspending and federal expansion — good whipping boys around the country — are the cash cows of northern Virginia. This makes things tough for any politician running as a conservative in the Old Dominion.

Quoted

As a result, government overspending and federal expansion — good whipping boys around the country — are the cash cows of northern Virginia. This makes things tough for any politician running as a conservative in the Old Dominion.

The 2008 election bore this out. Obama won 60 percent of the vote in Loudoun, Fairfax and Arlington (and even more in the cities of Falls Church and Alexandria) – compared with 53 percent statewide. Close-in Fauquier and Prince William counties also made the Census Bureau's list of the 10 wealthiest counties, and Obama did better in both of them than he did statewide.

Virginia Attorney General Ken Cuccinelli is from Northern Virginia, and he attributes the region's recent leftward progression to transplants flocking to Washington's growth. "We're importing all these people that work in the federal government and businesses associated with the federal government," Cuccinelli told me. "They are obviously, generally, pro-federal government. And that tends to be pro-Democrat instead of Republican."

So how does George Allen handle this dynamic? Awkwardly. If Allen wants to cut federal spending – even domestic, social spending – he needs to dry up some of his state's money pot. Allen says, correctly, that if unnecessary federal jobs are trimmed as government is shrunk, private-sector jobs will replace them. But those private-sector jobs won't necessarily be in Virginia.

Allen's opponent, former Gov. Tim Kaine, sees this tension and tries to exploit it. Kaine, as a Democrat, is at home with the argument that government spending creates jobs. It's another bitter fruit of government's growth — a class of wealthy government dependents who vote.

*— **Timothy P. Carney** can be contacted at tcarney@washingtonexaminer.com.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

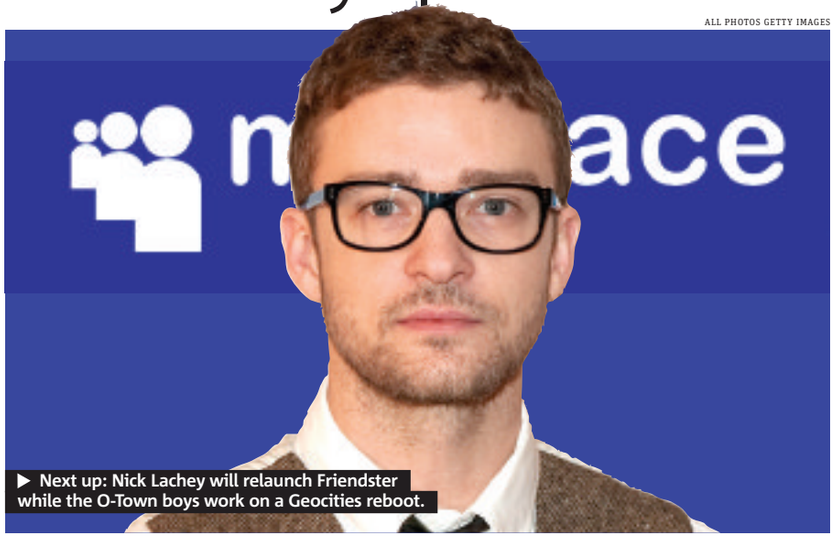
THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

2

A new MySpace: Welcome back, Tom?

ALL PHOTOS GETTY IMAGES



▶ Next up: Nick Lachey will relaunch Friendster while the O-Town boys work on a Geocities reboot.

Are social media platforms like fashion? Wait long enough and pretty soon we'll be looking for them again in the deep recesses of our closet?

Well, guess who we might find back there next to the fanny packs and boot cut jeans: **Tom** from MySpace.

Justin Timberlake invested in the faltering site in 2011 and has apparently been working hard on a revamp. On Monday, Timberlake Tweeted a sleek new video of the site and, dare I say it, it looks amazing. If you've become tired of Facebook, with the ever-present Someecards and other spammy developments — not to mention **Mark Zuckerberg** and Co.'s increasingly shady information-sharing practices — the new MySpace might be a safe haven (no word on if there's a ban on baby photos, however).

The new, clean interface of the beta site looks like a mash-up of Facebook, Instagram, Pinterest, Spotify and Twitter, and focuses heavily on music. There are several other notable changes, like easy drag-and-drop interactivity and ways to connect with other people who share your interests.

Now, I just need to find the nerve to log back in when the new site finally launches — I'm terrified to see how many porn stars I've become friends with in my absence, as well as what my "mood" was in 2007. Let's just hope Tom has updated his white T-shirt.

See? Nothing good came from 'Batman and Robin'

Before news broke of **Arnold Schwarzenegger**'s 14-year-old love child with housekeeper **Mildred Baena**, he confessed the news himself to wife **Maria Shriver** — but only after she confronted him about it in therapy. "The minute we sat down, the therapist turned to me and said, 'Maria wanted to come here today and to ask about a child — whether you fathered a child with your housekeeper Mildred,'" Schwarzenegger writes in his new memoir. "I told the therapist, 'It's true.'" According to the book, the therapy session took place in January 2011, four months before he publicly admitted to fathering the child, whom he says was conceived during production of "Batman and Robin."

Poor "Batman and Robin." It killed both **Chris O'Donnell**'s movie career and an A-list political marriage. Thanks a lot, **Joel Schumacher.**

▶ Holy affair with the housekeeper, Batman!

Talking points

Lohan rushed to hospital

Lindsay Lohan was rushed to a hospital in New York recently due to a pesky respiratory infection, according to TMZ, but she's not in any danger. "Lindsay was treated and released and is doing fine," her rep insists. Hoping to clear things up further, the troubled actress' dad, **Michael Lohan**, has released a statement: "She got rid of [the infection] before she left for Atlanta to shoot 'Scary Movie,' but obviously she didn't get enough rest and it came back," he says. "She's on antibiotics."

A wedding for Kutcher and Kunis?

Things seem to be getting serious fast between **Ashton Kutcher** and **Mila Kunis**, with talk of marriage already popping up — along with, apparently, a dirty secret about Kutcher's marriage to **Demi Moore**. "Mila's now saying she and Ashton want to marry and raise children," a source tells Perez Hilton. "She's assured stunned pals that he doesn't need a divorce from Demi because the two were never legally wed in a civil ceremony. They got 'hitched' in a symbolic Kabbalah ceremony."

▶ Britain's got talent, indeed!

Carmen and Cowell: Hot together

Simon Cowell is reportedly dating **Carmen Electra**, according to In Touch. The pair turned heads recently during a rather cozy dinner at a West Hollywood restaurant. "They were really into each other," a source says. "At one point they were talking real close, and he leaned in and kissed her. They started making out." Rumors of something between the two started earlier this year when Cowell had Electra serve as a guest judge for "Britain's Got Talent," though she was engaged at the time.

Gomez's book choice raises eyebrows

Selena Gomez was spotted last week carrying around the marriage self-help book "The Five Languages of Love," prompting speculation as to why the 20-year-old girlfriend of **Justin Bieber** would need marriage advice. But Gomez insists it came highly recommended. "Actually, my preacher suggested it to me just for fun, so I'm reading it just for fun," she tells Hollyscoop.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Alyssa Milano is feeling outclassed, Katy Perry feels at home, Kanye West is rethinking our approach to language and Steve Martin is learning.

@AlyssaMilano
Sigh... I wish I liked anything on my body as much as Christina Aguilera likes her boobies. Bless her and those boobies!

@katyperry
There's no place like Tokyo, there's no place like Tokyo, There's no place like Tokyo.

@kanyewest
What if there was no profanity... What if we decided to legalise profanity in a sense? In France they play songs with cursing on the radio

@SteveMartinToGo
Just wondering. Women are different from men, right? But are their bodies different too?

Alyssa Milano

myentertainment

Hot shots we missed because of Emmy fever

1. Looking more like a Barbie doll every day, here is **Nicki Minaj** at her "Pink Friday" fragrance launch event at Macy's Herald Square on Monday in New York City.

2. Despite the age difference between the two, **Miley Cyrus** and **Gwen Stefani** looked almost like twins backstage during the 2012 iHeartRadio Music Festival on Friday in Las Vegas.

3. Lookin' fine, **Alicia**. Here is Ms. Keys headlining "MTV Crashes Manchester" on Monday in England.

4. Elizabeth Banks gave her best "I'm over it" face while at the premiere of "Pitch Perfect" in Hollywood on Monday.

5. Anna Kendrick was also at the "Pitch Perfect" premiere — and almost giving the same face.

6. Winona Ryder looked spooked at Disney's "Frankenweenie" premiere at the El Capitan Theatre on Monday in Hollywood.

1: DAVE KOTINSKY/GETTY IMAGES
2: ISAAC BREKKEN/GETTY IMAGES FOR CLEAR CHANNEL
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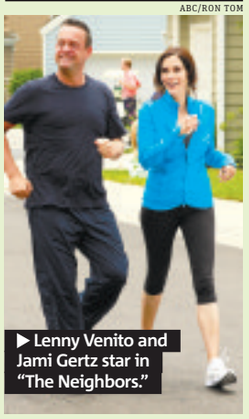


▶ Lenny Venito and Jami Gertz star in "The Neighbors."

'The Neighbors'

COMEDY. A "normal" couple picks up and moves the kids to a gated community in New Jersey. It's such an exclusive neighborhood, in fact, all of the other residents turn out to be aliens from a distant planet. The cast — particularly Jami Gertz, Lenny Venito and Simon Templeman — play the ridiculous premise so earnestly, it just might work. **Series premiere, 9:30 p.m., ABC**

'Key & Peele'

COMEDY. The comedy duo's sketch star, Luther, Obama's Angry Translator, should have plenty to say this election season. **Season premiere, 10:30 p.m., Comedy Central**

'Bitchin' Kitchen'

REALITY. Host Nadia G brings her rock 'n' roll flair to the office lunch in the Season 3 premiere. **Season premiere, 10 p.m., Cooking Channel**

'Criminal Minds'

DRAMA. Jeanne Tripplehorn joins the cast as the BAU's newest member, linguistics specialist Alex Blake, in an episode that finds an escaped prisoner leaving a unique trademark on his victims that is reminiscent of a previous criminal. **Season premiere, 9 p.m., CBS** ● **AMBER RAY**

Apocalypse nowish

Play your way through a dark and foreboding future with games that envision a frightening new world

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

It's 2012. You know what that means: Another long-predicted apocalypse is about to chew us up and spit us out. This mania for the end of the world has taken pop culture by storm, from "The Hunger Games" to, um, "Honey Boo Boo." Even video games have gotten in on the act. There is a spate of new titles that let us live out our demented dystopian fantasies. Here are reviews of two you can play while buying time in the bomb shelter.

'Tokyo Jungle'

Company: Sony
Console: PS3
Grade: ❶❷❸❹❺

You know that show on History Channel that talks about what the world will be like after man is gone? This is, more or less, a video game version of that show. You play as an animal of your choosing as you wander around a dilapidated Tokyo after the fall of man. The goal is simply to survive.

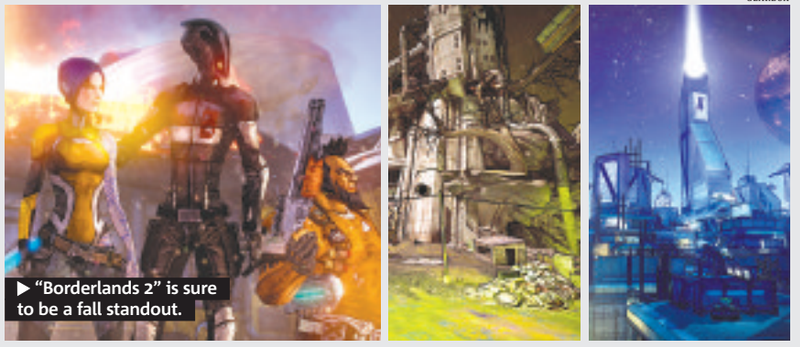
The presentation is chintzy and the graphics are PS2-level, but boy, is this game addicting. It's a rush to stealthily move around the city as a lowly pomeranian, picking off smaller game and avoiding bears, lions and even nastier beasts. Every animal controls differently and has its own strengths and weaknesses. Exploring the world as each one shoots the replay value of this $15 download-only title through the roof.

SONY

▶ It's survival of the fittest for animals exploring a post-apocalypse urban landscape in "Tokyo Jungle."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

GEARBOX



▶ "Borderlands 2" is sure to be a fall standout.

'Borderlands 2'

Company: Gearbox
Console: PS3/Xbox 360/PC
Grade: ❶❷❸❹❺

"Borderlands" and its sequel are the closest thing you can get to playing a massively multiplayer game set in the world of Mad Max. There's no Tina Turner, but there's plenty of cool weapons, devious bandits and crumbling infrastructure. If you are new to the series, it's a first-person shooter with a major emphasis on RPG mechanics. Just like "Diablo," the game constantly dangles carrots in the form of stat increases and new items to fool around with. Taking this concept online makes it the first true blockbuster of the fall season.

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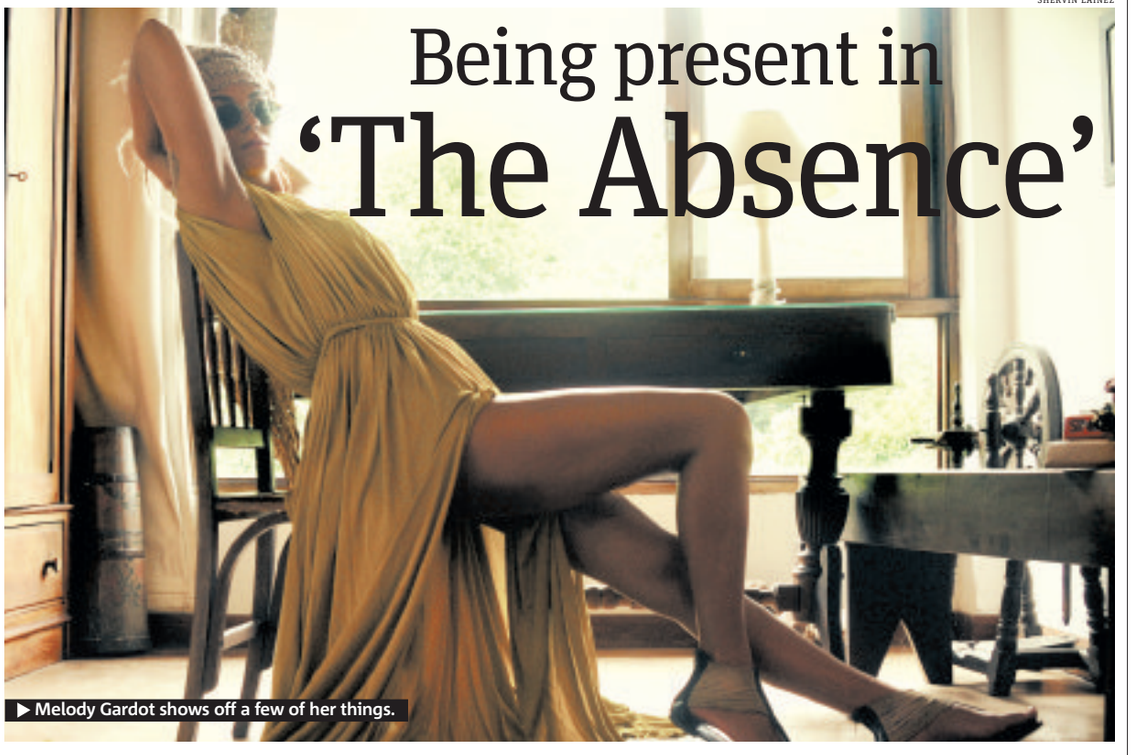

Being present in 'The Absence'

▶ Melody Gardot shows off a few of her things.

Melody Gardot explains why nowhere is her home
Jazz performer on why less is more in her music, too

Melody Gardot doesn't live out of a suitcase. She lives out of three. Not just when she's traveling — which is much of the time — but that's it. That's all her stuff. It's not about minimalism; it's about space for life rather than space for stuff, a theme that's at the root of her latest record, "The Absence."

"There's a notion that absence is lonely, but it doesn't have to be," says Gardot. "I've spent so much time in Portugal in recent years; I'm always coming and going so often that someone told me that it's like I never leave. I'm never really absent. My memory is there."

It's a nothing-isn't-empty theory that the 27-year-old jazz singer and songwriter thinks holds true in music: "Sometimes when you don't fill up by playing every note, the music is more beautiful and often has more value."

Gardot says that for now she has every material thing she needs.

"I am a practicalist," says the singer, who grew up in Philly. "I have one jacket for the cold, one for the rain, shoes that are closed, shoes that are open. My essentials are a bit more than they would be on a desert island. But that's because I have to get ready for shows."

LINDA LABAN
linda.laban@metro.us

If you go

An Evening with Melody Gardot
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Town Hall
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Finding therapy in the kitchen

One thing Gardot misses about not having a home is cooking. She says that eating a macrobiotic, organic diet helped her body heal after an accident in 2003 — she was hit by a car whose driver shot through a red light — left her with brain and spinal injuries. "When I come off the road, the first thing I look for is a place to go where I can cook," she says. "I love to cook. It's the most therapeutic way to recover."

Dance review

Listening to dancing

Flamenco star Soledad Barrio returns to the Joyce with the award-winning Noche Flamenca, a large ensemble featuring four emerging female dancers, three singers, two passionate male stompers and two guitarists. But in a brief, dark duet, it's Barrio who steals the show: She and fellow dancer Alejandro Granados telegraph anger, fury and despair as they circle each other.

Granados, a demonstrative, theatrical man, acts and dances as much with his hair as with his feet. Newcomers to the troupe include dancer Juan Ogalla, limber and quick, and singer Carmina Cortes, who also throws down on the dance floor.

Titled "Flores Para los Muertos" (Flowers for the Dead) and directed by Martin Santangelo, the evening has a somber tone, beginning with black chairs strewn on a dark stage for "La Plaza," the various musicians and dancers picked out in pools and squares of light.

This ensemble exhibits an interior focus; the dancers perform with and for the musicians as much as for the audience. Barrio makes few appearances, but they are choice: first in a slinky white shift with a delicately flowered shawl, and finally in a burgundy dress with a black shawl, in both cases exposing the muscular arms that give her the look of a rebellious teenager even as she channels the deep feeling and musicality at the heart of flamenco.

Noche Flamenca's style calls for a more intimate environment than the Joyce, but putting them into this comfy 475-seat house exposes them to a larger crowd than would otherwise be possible. You may not understand Spanish going in, but by the end of the raucous encore, you'll certainly feel as if you do.

ELIZABETH ZIMMER

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▶ Name: Ada Kokosar
Occupation: Stylist

▶ Name: Carmel Walsh
Occupation: Stylist

▶ Name: Nathalie Joos
Occupation: Casting director

▶ Name: Veronica Heilbrunner
Occupation: Fashion editor

Milan Fashion Week reviews

1 Roberto Cavalli

Roberto Cavalli's references to swirly Art Nouveau prints could be read as an homage to female beauty. The impressive all-white opening — which included a short-sleeve crocodile jacket, embroidered lace tunic and draped fringe pants — was the perfect primer for the decadently intricate collection that followed. The silhouettes were sophisticated, clean, elongated, flowy and, as is customary with Cavalli, tastefully racy. To capture the richness of the Art Nouveau period, the prints on slip dresses were illustrated by hand to outline the female body, leather was laser-cut and embroidered for a lace effect and gowns were elaborately embroidered and adorned with crystals in colors such as nude, black, lime and apricot with touches of brown and aqua.

2 Versace

Donatella Versace showed a collection of strong tailoring and lingerie dressing in a color palette of black, orange, blue, turquoise and nude. Classic menswear-inspired blazers were softened to a relaxed fit and adorned with lace inserts and cutouts. Slip dresses in crushed silk or tie-dye came slashed and held together with crisscross lacing, which also appeared on ultra-cool skinny trousers. For evening, sweeping chiffon gowns embellished with silver and gold fringing sizzled.

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The NYC Districting Commission will hold five public hearings from October 2, 2012 to October 11, 2012. These hearings are open to the public. Individuals wishing to pre-register for speaking time or to submit written testimony in advance may do so by signing up online at http://www.nyc.gov/districting. Individuals wishing to speak at any hearing will be provided up to three minutes of speaking time.

BRONX **Tuesday, October 2nd** **5:30PM – 9:00PM**	Bronx Community College 2155 University Avenue Bronx, NY 10453
MANHATTAN **Thursday, October 4th** **5:30PM – 9:00PM**	Schomburg Center for Research in Black Culture 515 Malcolm X Boulevard New York, NY 10037
STATEN ISLAND **Tuesday, October 9th** **5:30PM – 9:00PM**	New Dorp High School 465 New Dorp Lane Staten Island, NY 10306
QUEENS **Wednesday, October 10th** **5:30PM – 9:00PM**	LaGuardia Community College Little Theater 31-10 Thomson Avenue Long Island City, NY 11101
BROOKLYN **Thursday, October 11th** **5:30PM – 9:00PM**	Medgar Evers College Founders' Auditorium 1650 Bedford Avenue Brooklyn, NY 11225

Prior to the hearings, you may submit written comments to the NYC Districting Commission by mail to: NYC Districting Commission, Attn: Jonathan Ettricks, 253 Broadway, 7th Fl., NY, NY 10007, or by email to: hearings@districting.nyc.gov on or before 5:00 P.M. on the date of the hearing. Please indicate in your correspondence the date of the hearing for which you are submitting your comments.

NOTE: The hearing locations are accessible to those with physical disabilities. Individuals requesting an interpreter for sign language or any other language at any hearing should contact the NYC Districting Commission at hearings@districting.nyc.gov or by calling 212-442-0256 five days in advance of the hearing, and reasonable efforts will be made to accommodate such requests.

'Push and Shove' your way to a body like Gwen Stefani's

Lesson 1: Eat like Gwen

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 percent of exercise is overrated. "It's not that it doesn't help," he explains, "but if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat, and the only way to do that is by changing your diet."

The fat-loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro. "If your diet is rich in white carbs — pasta, cereal — then you're probably consuming too much energy. Carbs stop the fat-burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option."

Going slowly

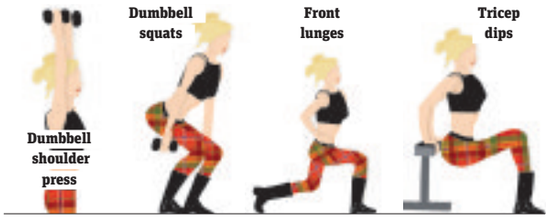
It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains: "A diet plan that's too strict becomes unsustainable. If 90 percent of your diet is 'good,' then the remaining 10 percent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit. In the evening, have something like salmon or chicken with vegetables — which you should always have with your dinner — rather than bread and pasta. But make sure you give yourself one to two days off where you can eat more or less what you want, as this then becomes a sustainable lifestyle rather than a quick-fix diet."

The secret to Gwen's six-pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet combined with regular resistance training," Heatlie says. "You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it. The body fat must be around 15 percent for women and less than 10 percent for men if you want that six-pack to show."

ROMINA MCGUINNESS

Gwen Stefani



Lesson 2: Move like Gwen

We asked Heatlie to share the workout he does when he's training with Gwen.

Dumbbell squats

Holding a dumbbell in each hand, position your legs shoulder-width apart with your toes pointed ahead. Pull your weight down through your leg muscles and keep your weight back on your heels as you descend. Push your chest out slightly to balance. Push up powerfully from each squat.
Sets: 4 **Reps:** 12-15

Dumbbell shoulder press

Grab the dumbbells, keep your feet hip-width apart and slightly bend your knees. Bring the weights up to your shoulders and lift your arms up toward the sky, keeping your stomach and lower back tight. Bring your arms down (weights should be by your neck), three seconds on the way down, and then press the weights back up.
Sets: 4 **Reps:** 12-15

Front lunges

Stand with your feet together, hands on hips. Make sure your shoulders are back and your chest is out, and then take a big step forward with your right leg as you drop your left knee to the floor. Once you've dipped to the floor, push off and drive back to the center using your right heel.
Sets: 4 on each side **Reps:** 12-15

Tricep dips

Sit on a bench or chair and put your hands by your sides. Step out just far enough so that your back is barely touching the bench or chair. Remain in control of your movements as you dip up and down.
Sets: 4 **Reps:** 12-15

Lesson 3: Live like Gwen

Check out No Doubt's newest video — "Settle Down" — and you'll see that Stefani looks more like 22 than 42. "The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie. "If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you are."

1. "Avoid eating too much salt, which causes water retention and will make you look bloated."
2. "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruits and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."
3. "Cut back on or cut out alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to more wrinkles and fine lines."

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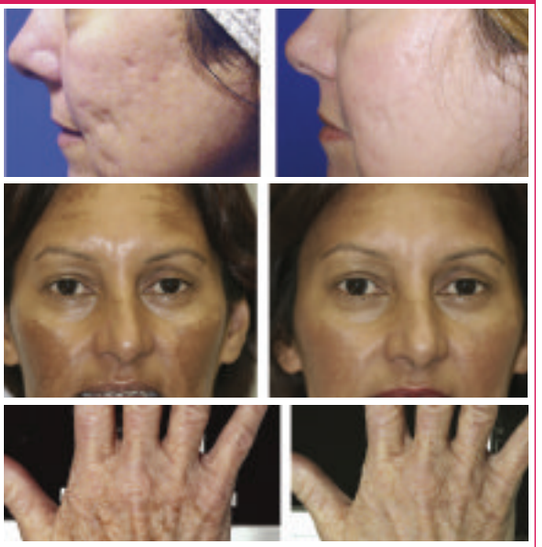
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The truth about arsenic and rice

No need to forgo your favorite grain yet, but do take precautions, says registered dietitian Rachel Begun

We were alarmed when we heard about the levels of arsenic in rice and rice products recently uncovered by Consumer Reports, so we asked registered dietitian Rachel Begun, M.S., R.D., to break down the findings for us.

What did Consumer Reports find in its study?

Following their investigation of arsenic in juices, Consumer Reports tested 223 samples of rice and rice products across a broad range of food categories, and found varying levels of arsenic in more than 60 rice and rice products. They tested for both levels of inorganic and two forms of organic arsenic. Inorganic arsenic is the form associated with long-term health effects.

Are there limits on how much arsenic can be in food?

Currently, there is no federal limit for arsenic in foods. The FDA is in the process of testing 1,200 rice and rice products by the end of 2012 so they can analyze the results from a variety of rice types and rice-based products as well as based on the geographical regions the rice is grown in. Based on these results, they will make recommendations and take measures for reducing exposure to arsenic.

Do the findings affect different types of rice?

For brands producing both white and brown rice, brown rice was found to have higher levels of arsenic. This may be due to arsenic concentrating in the outer layers of the grain, which are removed for white rice production.

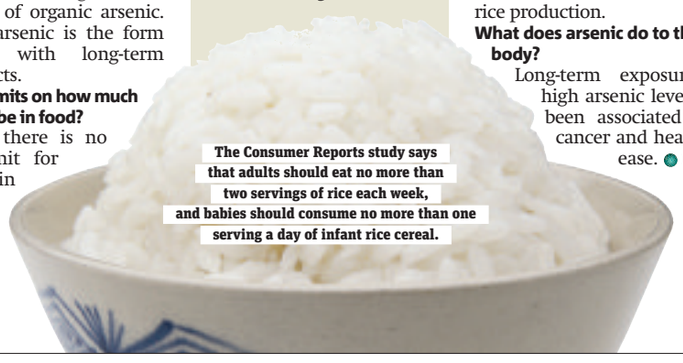
What does arsenic do to the body?

Long-term exposure to high arsenic levels has been associated with cancer and heart disease. METRO

Does this mean that we should stop eating rice? Are there safer ways to go about incorporating it into our diets?

Consumers should take the following precautions:

- Eat a balanced diet that includes a wide variety of foods, including a variety of whole grains. This ensures adequate intake of nutrients while minimizing the risk of potential harm from any one food.
- Rinse raw rice in cold water before cooking.



The Consumer Reports study says that adults should eat no more than two servings of rice each week, and babies should consume no more than one serving a day of infant rice cereal.

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Letters

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Violence not first resort of faithful

RE: "NYPD SPOKESMAN CRITICIZES FEDS FOR RELEASING FILMMAKER'S INFO" (METRO, SEPT. 20) Back in 1987, American artist Andres Serrano won awards for displaying a picture of a small plastic crucifix submerged in a glass of the artist's urine. Serrano received $15,000 for the work, part of it from the taxpayer-funded National Endowment for the Arts! Christians did not burn down Serrano's apartment in NYC. Last year, "The Book of Mormon" won nine Tony awards as it mocked the Mormon faith. The same Hillary Clinton who apologized for a Mel Brooks-like trailer about Muhammad stood and applauded the blasphemous play insulting Mitt Romney's religious beliefs. The Latter Day Saints did not burn down the Eugene O'Neill Theatre in NYC, where it is performed.

It is delusional or disingenuous for Obama and Clinton to blame the slaughter of U.S. ambassador Chris Stevens on some sophomoric satiric movie trailer about Muhammad! I thought Obama said that with G.W. gone the world would love us.

JOSEPH DUPONT, VIA E-MAIL

Winner takes all — of the facts

RE: "ELEPHANTS AREN'T THE ONLY ONES WITH A GOOD MEMORY: (METRO, SEPT. 21-23) Letter writer Brian Grau's letter would have been more aptly titled, "Impaired Memory from the Left." His statement of "fact," that "Bush caused the problem," is not a fact, but a statement of redirection. Every nonpartisan analysis has concluded that "the problem" had been building for many years (before Bush took office) and that both parties contributed to "the problem." The left whines about a lack of cooperation from the Republican Congress, yet gleefully attempted to delegitimize the Bush presidency. The Obama budget and his jobs bill have both failed because that is how Obama designed them. How does Congress negotiate with a president whose answer to objections or alternatives offered is, "I won"? Here's a simple question: If you hired someone to rebuild the crumbling foundation of your house and after four years all you have is an unwanted and unsustainable addition to it, would you retain the person to finish the job?

DON CANCELMO, VIA E-MAIL

Romney wants to punch hole in net

RE: "CERTAIN IN LIFE: DEBT AND TAXES" (METRO, SEPT. 24) New columnist Conn Carroll lives in the dream world of the right wing. The non-partisan CBO said Obamacare is paid for and does not raise the debt. In the meantime, Republican administrations are responsible for the majority of the deficit due to failed trickle-down economics. Reagan tripled it. Carroll plays with the numbers to make the president look like a big spender, when debt is actually growing more slowly. The kernel of truth in Romney's "47 percent" is that those people should not vote for Romney if they keep their own interests in mind. Who would trust Romney/Ryan with the safety net? They want to save Medicare by killing it.

PASQUALE ARGENIO, VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** Succumbing to instant gratification could be one of your biggest problems. You are likely to regret it if you spend more than you should on a whim of the moment.

♏ Scorpio **Oct. 24-Nov. 22.** Unless you want to turn your household into a camp with several warring factions, be careful not to bring up any controversial issues. You'll only have yourself to blame if war breaks out.

♐ Sagittarius **Nov. 23-Dec. 21.** Shelve, at least for the next few days, certain tasks you find to be distasteful. Any jobs you perform under a cloud will have to be redone in the future.

♑ Capricorn **Dec. 22-Jan. 19.** Generally, you are a rather prudent and cautious person when it comes to your financial affairs. Know now that the day could tempt you to take some unwise financial risks.

♒ Aquarius **Jan. 20-Feb. 19.** Don't let your ego dominate your common sense in ways that make you feel that you'll lose face if you aren't No. 1 at all times. Overwhelming pride is self-defeating.

♓ Pisces **Feb. 20-March 20.** Although normally your intuition is exceptionally reliable and can be helpful in giving you great insight, pride could override it and lead you far astray.

♈ Aries **March 21-April 19.** It's nice to do someone a favor, but be careful that you don't unwittingly let that person take money out of your pocket, unless, of course, the recipient is someone near and dear and you don't mind doing so.

♉ Taurus **April 20-May 20.** Being hasty or impulsive when putting plans together or deciding an important issue with another will weaken your position, not improve it. Give your ideas the time they deserve.

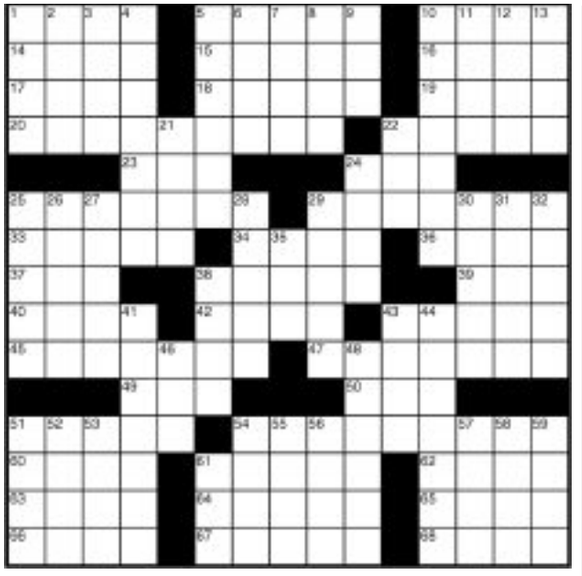
♊ Gemini **May 21-June 20.** Taking on an assignment that is way over your head is not only downright foolish, it could be harmful. You might end up having a tough time crawling out of the hole you put yourself in.

♋ Cancer **June 21-July 22.** Once you start to point out the faults of your friends, no matter how well intended you are, your popularity might take a huge hit.

♌ Leo **July 23-Aug. 22.** If your tastes are totally different from your mate's, it's best not to make any expensive purchases without the input of your better half.

♍ Virgo **Aug. 23-Sept. 22.** Think before opening your mouth, especially when making an appraisal of another's efforts. If you can't be tactful, don't say anything at all.

BERNICE BEDE OSOL



Across
1 — du jour
5 Big dipper
10 Null's partner
14 Rani's spouse
15 Hip bone
16 Staffer
17 A Karamazov
18 Tractor garages
19 Musical symbol
20 Salt-rimmed treat
22 Mudville slugger
23 NASA counterpart
24 Med. staffer
25 Polish
29 Sheet material
33 Queen of the Misty Isles
34 Ben Jonson works
36 Two semesters
37 Utmost degree
38 Came around
39 Hot spring
40 Mars, to Plato
42 Consumer gds.
43 Pumps or wedges
45 Type of eel
47 Bell tower
49 New World assoc.
50 Each and every
51 Pop in
54 Indoor gardener's tool (2 wds.)
60 Kind of tradition
61 Listened in
62 Nectar fruit
63 Fish habitat
64 Disturbing emotion
65 Alice's chronicler
66 Geraint's beloved
67 In need of organization
68 Bug repellent

Down
1 Straitlaced
2 Emerging magma
3 Cracked
4 Off on a — (digressing)
5 Many October folk
6 Jai —
7 Gossip, slangily
8 Moon goddess
9 Dash lengths
10 Opening
11 Fixes a squeak
12 — fixe
13 Stand up to
21 Great Wall locale
22 EMT training
24 — -majeste
25 Hackneyed
26 "Violet" lead-in
27 Fix, as a skirt
28 Oater salutation
29 Lap dogs, slangily
30 "Sour grapes" coiner
31 Boutonniere's place
32 Remove chalk
35 Old PC acronym
38 Iowa college town
41 Went bad
43 Bear's advice
44 Chopper's destination
46 Inform on
48 Cheap and gaudy
51 Meadow rodent
52 OPEC member
53 H.H. Munro
54 It may be spliced
55 Teases
56 Vein contents
57 "Sommersby" star
58 Robust
59 Slow run
61 Omelet extra

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SUDOKU **LEVEL: EASY**

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	7				4		5	
	9	6	8				4	
	3	9			7			
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	6		4				3	
		1		3	8	4		6

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to yesterday's crossword

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Time for offense to rise

JOEL AUERBACH/GETTY IMAGES

▶ Tim Tebow and the Wildcat could be the answer for the Jets as they search for more offense.

With Revis out for season, other side of the ball has to step it up ◐ Keller: 'We left plays out there' in Miami

The answer to replacing Darrelle Revis might be simple: more Wildcat.

As laughable as that might sound, especially considering the meager use of the Wildcat this season, the Jets offense will be called upon to start pulling more than its fair share in light of news that Revis has a torn ACL and is out for the year.

The margin of error is now as slim as can be.

"I don't think people know how much of a team this is. Whatever it takes, that's what we're looking to do," head coach Rex Ryan said. "Certainly the offense will step it up. I think our defense will step it up, and so will the coaching. I don't think there's any doubt. We're committed to that."

There are few places to go but up for the offense. Currently, it is the No. 22 offense in the league and has been sputtering, to say the least.

Quarterback Mark Sanchez is coming off two games where his completion rate was below 50 percent, and he had an abysmal 32.4 quarterback rating in Miami this past Sunday. The team's identity was supposed to be a return to the "ground and pound," but that hasn't turned out so well. Running back Shonn Greene is averaging just 2.8 yards per carry.

"Obviously nobody is Revis so we might have to do a little more," Dustin Keller told Metro. "Watching the film [from Miami], I think the guys who were out there did a pretty good job. We left some plays out there but we did pretty well all things considered. But we all need to step up now without Darrelle — not just the defense but on offense too. We are capable of doing that every week, what we did against Buffalo."

KRISTIAN DYER

Signing day

The Jets made one official signing yesterday while there are rumors of another.

▶ **RB Jonathan Grimes** was signed from the Texans' practice squad. Meanwhile, word is they'll sign **CB Chris Carr**, who was cut by the Vikings.

In the news

Reds manager suffered stroke, will return

The Reds announced for the first time that manager Dusty Baker suffered a "mini stroke" earlier this month. Baker had been hospitalized for four days with what was termed an irregular heartbeat. Baker's condition has improved according to his doctors and he should be able to return to the bench for the final series of the regular season.

METRO

In the news

NHL negotiates

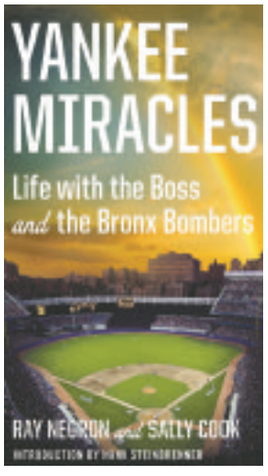
There may be no movement in the talks between the NFL and their referees, but the NHL is going to meet with the NHLPA again on Friday.

The talks will be the first between the two sides since the players were locked out Sept. 16. The meeting will take place in New York, but will begin with "non-economic" issues. All preseason games have been canceled.

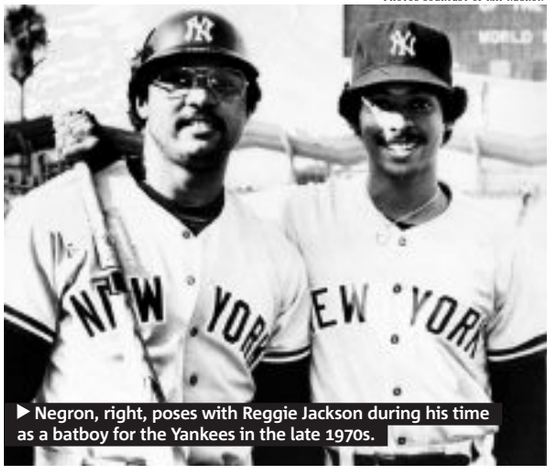
Reflections of 'The Boss'

On June 29, 1973, in the first year of the George Steinbrenner era, the Yankees were in their last season of the original Yankee Stadium. Only 9,611 people attended the game that afternoon, but Ray Negron was there. Negron, a 17-year-old from Queens, was caught spray-painting the outside of the stadium by Steinbrenner.

That chance encounter with Steinbrenner led to Negron's career as a Yankee batboy, a key figure in the late-1970s events between Reggie Jackson, Billy Martin and Thurman Munson and later as a consultant to the Yankees. Recently, he published his memoir, entitled "Yankee Miracles," and took time out to talk about the book with Metro.



PHOTOS COURTESY OF RAY NEGRON



▶ Negron, right, poses with Reggie Jackson during his time as a batboy for the Yankees in the late 1970s.

The day you met Steinbrenner, what were your original plans?
I was in school. We were going to the Bronx just to hang out. We would play paddleball, handball and the whole day would pass.

How much did you know about Steinbrenner before encountering him?
I didn't know anything about him because he wasn't popular and didn't know who he was. It wasn't like the Yankees were a great team, so he wasn't all over the papers. It wasn't until the following year that he started getting that notoriety.

When you found out that Steinbrenner hired you, what was going through your mind?
"Wow, really?" By the time I found out, I was being handed a uniform. I'm going to be in the clubhouse. When he told me after the game that he wanted me to come back, it was the whole craziness.

What were your first impressions of Munson and what are some of the things you found out about him?
Gruffy. He didn't say much. He kept going and went about his business, where [outfielder Bobby] Murcer was real cool. He had a voice like Curly of the Three Stooges, real high-pitched, and it was almost like to scare me.

You were drafted by the Pirates in the second round. How much did becoming a batboy with the Yankees help?
When I got there, I wanted to play major league baseball. I was a serious player. When I was a batboy I was more confident. When you're taking infield and batting practice with the Yankees, you're more confident.

What was your reaction to Billy Martin getting fired?
The first two times, it was very painful because having Billy there you can have run of the clubhouse. I'm the manager's boy; I'm the owner's boy.

LARRY FLEISHER
sports@metro.us

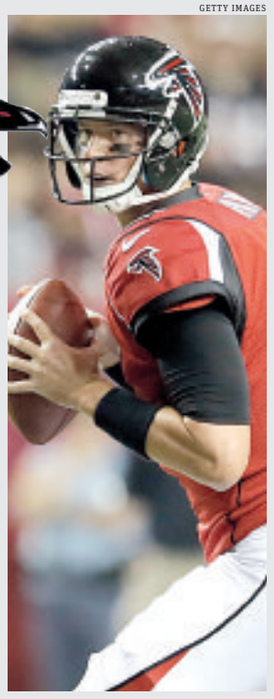
Q&A

How did Reggie Jackson show he was the man?
Just his strut, everything was accentuated more. Everything was with more of a flair. Everything had a terrific cosmetic touch to it. He knew he was cool. In those days we would say he was bad and he knew he was bad and well-deserved. New York didn't probably have a player with such flair [since] Babe Ruth.

How did your relationship with Billy Martin start?
One of his scouts from New York, Emil Gall, had told Billy about me. He became my baseball father. We always talked and the great thing about Billy was that he knew I loved George. He knew what George had done for me.

Metro's NFL Power Rankings | by Mike Greger

GETTY IMAGES



1 FALCONS (3-0)
They aren't just beating people, they are stomping them — and Matt Ryan looks like he has taken the next step in his development to elite status. Ryan's 114.0 QB rating is tops in the entire NFL, and he's first in completion percentage (72.0) and tied for first in TDs (8) while throwing one pick. He has unmatched talent on offense — Roddy White and Julio Jones — and they're ranked fourth in the NFL in total defense. Scary.

2 TEXANS (3-0)
The 31-25 score against the Broncos was closer than it really was due to a second-half prevent defense. Houston and Atlanta are 1a, 1b in the NFL. It's that close.

3 49ERS (2-1)
Maybe the Niners were reading their own press clippings heading into Week 3. This defense is too nasty, too mean-spirited to stay down. Bounce-back week.

4 RAVENS (2-1)
The win over New England was the most inspirational game played — for Torrey Smith's bro — since the Brett Favre tribute to his dad. And just as successful.

5 CARDINALS (3-0)
Don't look now, Arizona is legit. With a swarming, attacking defense, they just need Kevin Kolb to manage the game. Can he do it?

6 GIANTS (2-1)
Eli Manning is hitting mid- to late-season form earlier than expected. More impressive, the Giants are winning despite key injuries to starters. Very dangerous combo.

7 BENGALS (2-1)
Some say razzle-dazzle plays like Mohamed Sanu's bomb to A.J. Green mask weaknesses. We say, if you can execute it properly, it's pure genius.

8 SEAHAWKS (2-1)
Controversy aside, Pete Carroll's defense, led by the Legion of Boom, is a nightmare matchup for any team. And no one wants a road game in Seattle. No one.

9 PACKERS (1-2)
As stifled as Aaron Rodgers and Co. looked at times Monday night, they still won the game. Yes, they won that game. End of story.

10 EAGLES (2-1)
We still don't know what kind of team this is. They could be 0-3. Mike Vick could get benched. Andy Reid might trim his mustache. Still, they are in the thick of it.

11 PATRIOTS (1-2)
Yes, the officiating has been atrocious, but Bill Belichick has to control his emotions. The Pats aren't winning anything without him on the sideline.

12 VIKINGS (0-1)
They're in first place in the NFC North and a dominating win over the 49ers. It's time to start taking notice of Minnesota, and Christian Ponder as well.

13 JETS (2-1)
The Jets were a very flawed team with Darrelle Revis. Without him, watch them slip lower and lower in these power rankings.

14 BEARS (2-1)
They survived another bad performance from everyone's favorite whipping boy Jay Cutler. If the Bears can get it rolling, like in Week 1, they could be scary. Could be.

15 COWBOYS (2-1)
Linebacker Sean Lee summed it up best: "Ugly is good if we win." Dallas is still searching for its identity, yet they are tied for first atop NFC East standings.

16 BRONCOS (1-2)
For the second straight week, the Broncos got punched in the mouth and came up short in a second-half rally. The learning curve continues for Matthew Stafford and Co.

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GET THE SECOND HALF OF OUR NFL RANKINGS

Umenyiora, McCoy continue their feud

Giants, Eagles stars trade barbs again ◐ Rivalry will be featured on ESPN show ◐ Two teams play Sunday

AL MESSERSCHMIDT/GETTY IMAGES

▶ Umenyiora's feud with McCoy has become semi-annual.

It's not exactly breaking news that LeSean McCoy and Osi Umenyiora don't like each other. Their much-publicized Twitter exchanges have become quite legendary.

It started with McCoy calling Umenyiora "soft" and "overrated" and escalated with the Giants defensive end referring to Shady as "Lady Gaga." Last spring, Umenyiora wished McCoy a "Happy Mother's Day" via Twitter. Now the two are at the center of an episode of ESPN's award-winning show "E:60," which aired last night on the network.

There were some highly entertaining nuggets, with McCoy firing some new bullets at Umenyiora.

"Osi, I mean he really is a good player. I think he's a good player. I think he thinks he's better than what he really is," McCoy said. "I think he's a ballerina in a Giants uniform, but other than that, that's all I gotta say about Osi."

"He is probably right," Umenyiora told ESPN. "I might be a ballerina in a Giants uniform. I am lucky that I got the contract, I'm lucky to be playing 10 years in the league, won Super Bowls, all that is pure luck."

Remember, the two rivals are set to battle Sunday night at Lincoln Financial Field.

MIKE GREGER
mgreger@metro.us

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"I used to get up more than 6 times a night. Now I don't have to get up even once!" —Michael P.

"I almost had to quit my job as a truck driver,but now I can go for hours and hours without having to look for a bathroom." —Larry D.

"All my urination problems—urgency, frequency, low flow, dribble —they're totally gone now!" —Jonathan S.

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- You are taking only one of the following antipsychotics: risperidone, aripiprazole, lurasidone, iloperidone, paliperidone, or haloperidol
- You are medically and psychiatrically stable
- You are not currently using any drugs such as marijuana, or cocaine.

Reimbursement for travel expenses and time (up to $2554.80) for:
• 19-day inpatient stay on a research unit • 2 MRI scans (1 hour each)

For more information about the study, call us at (212) 543-4239 or email us at: studies@nyspi.columbia.edu.

ARE YOU TRAUMATIZED?

PSYCHOTHERAPY RESEARCH STUDY FOR PTSD

If you are suffering from Posttraumatic Stress Disorder (PTSD), you may be eligible for a no-cost psychotherapy research treatment study at the Columbia University / New York State Psychiatric Institute.

STUDY CLOSING SOON, LAST CHANCE TO ENROLL!
IF INTERESTED, PLEASE CALL THE ANXIETY DISORDER CLINIC:
(212) 543-6747

**Emotional "Rollercoaster?"
Impulsive Behavior? Overwhelming Anger?
Fear Abandonment? Painful Feelings of Emptiness? Rocky Relationships?
"Black and White" Thinking?
Do these terms describe how you feel?**

If so, you may be eligible to participate in a personality study at the Mount Sinai School of Medicine. We are interested in studying people with different types of personalities. Participants must be between 18-60 and medically healthy.

Reimbursement will be provided.

For more information, please call (212) 241-9775 to speak with a member of our staff.

GCO # 88-244 MSSM IRB approved through 8/31/12

Clinical study for Irritable Bowel Syndrome (IBS).

Diarrhea & Abdominal Pain

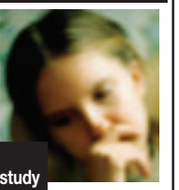
make it so hard to work & travel

You may have Irritable Bowel Syndrome.
If you qualify for a local IBS research study you may receive:

• No-cost investigational medication •
• No-cost study-related care •
• Up to $300 compensation for time and travel •

Call 877-270-9460
Visit www.StudyIBS.com

Taking an antidepressant, but still feeling down?



- Depressed mood nearly every day
- Decreased interest or pleasure in activities you once enjoyed
- Changes in sleeping or eating habits
- Loss of energy • Inability to concentrate
- Feelings of worthlessness or guilt

If you are currently taking an antidepressant, you may qualify for participation in a research study

- A study to evaluate the efficacy of medicine for the treatment of depression
- Patients must have a diagnosis of Major Depressive Disorder and be 18-65 years old.

For more information please contact:

BMR Behavioral Medical Research

718.351.8100
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101 Jamaica 1 Fam - Best Deal in Town! $111,300K Ownr RP Pete 917-709-7373

CORONA ★ 112-36 38th Ave 2 fam, 4Br/4Br, fin bsmt, 50x125. Nr City Field, 2 blocks to 7 train. Parkg space avail. Owner 917-204-0166

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Real Estate/Rent

Apartments

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★FLUSHING HUGE ROOM FOR RENT★ $185/wk for couple. All new furniture. Call owner 347-539-8636

FORDHAM★ 2300 SEDGWICK AVE Well maintained rent stabilized bldg. 1BR $995. 1st mo rent free. No Appt. necessary. Call Agent 718-657-1085

FORDHAM / E. TREMONT AREA Newly Renov. 1 BR @ 1000/mo 2 BR @ 1300/mo, New Appls. Call Heshy 347-623-3202, Fotos 914-733-2073 Daniel 347-782-8044 Robert 347-820-5108 Benny 347-904-7233

HUNTS POINT off Garrison Ave Well maintained rent stabilized bldg 1st mo rent free 2br $1,115/mo. 3 br $1,274/mo. Agt. 718-657-1085

MORRIS PARK Renovated 3 br apt on 2nd floor. Off Street parking. $1850/mo. Credit check, 1 mo rent and sec required. 917-440-5470 owner

★★NE BRONX & ALL AREAS★★ STUDIOS, 1BR Fr. $850 2BR Fr. $1200 3BR Fr. $1400. 4BR Fr. $1600. Sec. 8 Welcome. 718-994-6557 Broker

BED STUY 1 bdrm, Exc cond. wood flrs. Nice bldg. Nr trans A, C & buses, $1200/mo, 1mo rent + secur. H/HW incl. Non-smoker. Refs req'd. Owner 917-362-9124

Canarsie – 2 bdr apt,1 bath, kit, living room, easy access to all trans & shopping mall. $1200/mo. 1 month rent/sec. Please call 347-513-9424.

Ditmas Park/E. 15 St./Bklyn College Newly Renov Huge Beaut 3 BR, new appls, hwd flrs, h/hw incl. 1 blk to Q Stwy. $1800/mo. Broker 718-498-3200

East Flatbush ★ 1 Br Unfurnished Apt ★ Call Owner 718-462-1777 Bet. 7pm-9pm

EAST FLATBUSH Ave H & 32nd St 1 blk off Flatbush Near shops, trans, Studio $975 Well maintained rent stabilized bldg 1st half mo Rent Free. Call Agent 718-657-1085

East New York- Pennsylvania Ave. Btwn. Interboro Pkwy & Atlantic Ave. Well maintd, rent stabl. bldg. Near shops/trans. 2br $1225. 1st. ½ mo rent free. Agnt 718-657-1085

FLATBUSH: E. 26th ST. 1 Block off Flatbush Ave. Studio $775. Well maintained rent stabilized bldg. 1st mo rent free. Call Agent 718-657-1085

FAR ROCKAWAY- BAYSWATER Grdn style apts quiet residential area Nr shops, trans, beach. Rent stabilized Spacious, newly renov kit 2Br $1125. 1st mo rent free. Call Agent 718-657-1085

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Jamaica – 2 Bdrm Apt, Kitchen, Full bath,. Easy access to E Train. $1300/month, light and gas included. Owner 646-773-4364.

Jamaica – 3 bdr, 1 bath, 1 kit, access to public trans, 1 month sec/1 month rent. $1650/month, water + heat incl, Ref & credit check. Call 718-926-7809

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Queens Village 1 & 2 brs $1275-$1400 Jackson Hts 2.5 brs $1700. Corona 3 brs $1800 Good Deal Realty 646-261-6444 or 718-322-2668

Richmond Hill- New contr. 3 br, LR, kit, 2 baths, ½ blk to A train, 2 min. to Q10 bus & close to shops. $1800/mo + utilities. Owner 718-641-6780

Woodside-59 St. Newly Renov. 3 Br, 2 full baths, EIK, balconies in br & lr, hdwd flrs. Nr all H/HW inc Owner 646-535-6880 A.M. 845-300-1238 P.M.

NORTH NEWARK 30 mins to Manh 244 N. 5th St. (6th Ave)★1 Br $700 ★2 Br $800 Fresh Paint, nr Lite Rail, C/C tv Sec. No fee. Ownr 973-592-8924

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Transp. near by.
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Moshulu Pkwy & Grand Conc Vic Nr D & 4 Sbwy. Furn'd rm. $140/wk, 2 wks sec. Ref's req'd. Available Immediately! Owner 718-655-6028

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Apartments

Rooms

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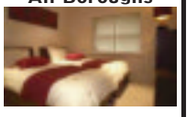
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NOTICE OF FORMATION OF LENOX AVENUE DEVELOPMENTS LLC Art. of Org. Filed with the Secy. of State of New York (SSNY) on March, 26, 2012 Office location: Kings County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Lenox Avenue Developments LLC % Eric Curtis 360 Furman Street Suite 416, Brooklyn, NY 11201. Purpose any lawful activity.

NOTICE IS HEREBY GIVEN that a license, serial # 1265963, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 788 Franklin Ave., Brooklyn, NY 11238 Kings County, for on premise consumption. Shiso Farm LLC.

NOTICE IS HEREBY GIVEN that a license, serial # 1266080, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 135-21 40th Road, Store, Flushing, NY 11354, for on premise consumption. A Wai Lou Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, serial # 1266056, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 1728 2nd Ave., NY, NY 10128. New York County, for on-premise consumption. Anzuelo Corp.

NOTICE IS HEREBY GIVEN that a license, serial # 1266078, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a restaurant under the Alcoholic Beverage Control Law at 136-21 41st Ave., Basement, Flushing, NY 11355, for on premise consumption. Hot Pot House Inc.

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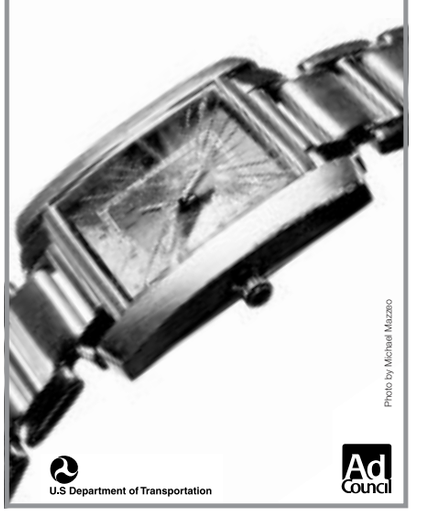
This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver.
Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.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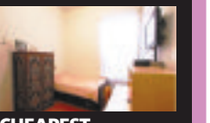

CHEAPEST
$195K
19 W. 105th St.
The cheapest property listed this week is a studio at 19 W. 105th St. This co-op, which only accepts cash and imposes income restrictions on prospective buyers, is listed by Corcoran for $195,000.

PRICIEST
$95M
781 Fifth Ave.
The most expensive apartment to hit the market this week is a full floor co-op at 781 Fifth Ave. This seven-bedroom apartment at the legendary Sherry Netherland building overlooking Central Park is listed by Brown Harris Stevens for $95M.

STREETEASY

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at home with metro

Astoria euphoria

The Queens neighborhood sees strong interest in new developments, but 'ancient zoning' keeps it from competing with LIC and other areas

It used to be that Astoria, Queens, was an ethnic Greek enclave dominated by an older housing stock of prewar buildings and one- and two-family homes. But in the last few years, the neighborhood has continued to see lots of new residential development, and with it, more young professionals looking for new construction housing at the right price.

This month, The Real Deal talked to residential brokers and market analysts about how real estate in the area is holding up.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Vickie Palmos

Salesperson, Astoria NY Condos

What's going on with residential prices?
Overall, prices are down about 10 percent from two years ago. But prices seem to have stabilized since last year. In some cases — such as one-bedroom condos — there's high demand with almost no inventory.

How are rentals doing in Astoria compared to sales?
The rental business in Astoria is booming. The Sterling at 21-16 31st Ave., a new 32-unit condo, decided to go rental. We rented 32 units in 45 days. The one-bedroom units ranged from $1,850 to $2,300. There were no incentives or negotiations.

What are the biggest challenges to selling residential property in Astoria today?
The greatest challenge is the availability of development sites. Rezoning in certain "walk-to-train" locations can solve this problem. When the market demands a product that doesn't exist in your area, [buyers] move on. Astoria's demographics prove we need rezoning and incentives. Long Island City has reaped the rewards of Astoria's ancient zoning rules.

Who are the most active buyers in Astoria right now?
Our evidence shows the average buyer in this market is a 25-to-35-year-old, single, college-educated professional working in Manhattan.

Robson Lemos

Senior vice president, Corcoran Group

How is the Astoria market faring for residential investors?
You can still put 30 to 50 percent down in Astoria for a condo investment property and have it rented for more than your financing combined with common charges and real-estate taxes. So it's a good location for investors.

What kind of new retail and restaurants are you seeing in Astoria today?
You see all kinds of retail in Astoria now. Today you have an amazing supermarket at Crescent Street and Newtown Road. You [also] have a museum, [movie] theater and restaurants. Of course, it's not the same change we see in Williamsburg or in the Meatpacking District, but this is not a [mostly new] residential neighborhood as those are.

What are the biggest challenges to selling residential property in Astoria?
The first challenge is that most of the available land next to subway stations with prices that made sense in Astoria is developed already or not for sale. If you are a developer considering building next to a subway station, you need to buy a house to demolish and it has to be in an area zoned to allow a buildable square footage that makes sense. The second challenge is the subway lines that come to Astoria. They don't work with the same frequency as in other neighborhoods. The third challenge is financing, though it's a little better than it was in 2010 and 2011.

Surprising trends

What are the most surprising trends in the Astoria residential market?

Living in Astoria for the past 23 years, I never thought that developers would be able to sell condos on 21st Avenue or 31st Street because of the traffic and the noise pollution. What surprises me is that every inch of Astoria is being developed.

CHRIS SHIAMILI, OWNER, ARDOR NEW YORK REAL ESTATE

Hallets Point

How do you think Lincoln Equities' $1 billion Hallets Point project will impact the market?

I think this is going to take place four to five years from now. If the population grows as it has been recently, there will be a need for those spaces. Thirty thousand people moved to Long Island City over the last five or six years. ... The only drawback about this development is that it's over a mile from the subway. So they will have to make an adjustment in price and provide some type of transportation to get back and forth.

CHARLES SCIBERRAS, VICE PRESIDENT OF RESIDENTIAL SALES, REALTY EXECUTIVES TODAY

NEWLY CONSTRUCTED APARTMENTS FOR RENT

Noel Pointer Court Apartments is pleased to announce that applications are now being accepted for 23 affordable housing rental apartments now under construction at **790 Lafayette Avenue** in the **Bedford Stuyvesant** section of **Brooklyn.** This building is being constructed through the Low Income Rental Program (LIRP) of the New York City Department of Housing Preservation and Development (HPD). **Noel Pointer has a SMOKE FREE policy.** The size, rent, and targeted income distribution for the apartments are as follows:

Apartments Available	Apartment Size	Household Size	Monthly Rent*	Total Annual Income Range ** Minimum - Maximum
5	1 Bedroom	1 2	$660 $660	$24,618-$29,050 $24,618-$33,200
1	1 Bedroom	1 2	$808 $808	$29,692-$34,860 $29,692-$39,840
9	2 Bedroom	2 3 4	$801 $801 $801	$29,555-$33,200 $29,555-$37,350 $29,555-$41,500
8	2 Bedroom	2 3 4	$979 $979 $979	$35,658-$39,840 $35,658-$44,820 $35,658-$49,800

*Includes gas for heat and cooking
**Income guidelines subject to change

Applicants will be required to meet income and family size guidelines and additional selection criteria to qualify. Applications may be downloaded from www.NoelPointerApts.com or **by mail from: Noel Pointer Court Apartments, The Wavecrest Management Team 87-14 116th Street, Richmond Hill, NY 11418.** Please include a **self-addressed envelope** with your request. **Completed applications must be returned by regular mail only (no priority, certified, registered, express, overnight or oversized mail will be accepted) to a post office box number that will be listed with the application and must be postmarked by November 30, 2012.** Applications postmarked after November 30, 2012 will be set aside for possible future consideration. Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Preference will be given to New York City residents. Current and eligible residents of **Brooklyn Community Board 3** will receive preference for 50% of the units. Eligible households that include persons with mobility impairments will receive preference for 5% of the units; eligible households that include persons with visual and/or hearing impairments will receive preference for 2% of the units; and eligible City of New York Municipal Employees will receive a 5% preference.

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Organize the gateway into your home

Colder temperatures mean we're trading our tank tops for coats, scarves and gloves. If you haven't already, now, more than ever, is the perfect time to set up a spot to pile on and peel off these extra layers — not to mention a place to organize the keys, handbags and mail cluttering your dining-room table. Don't have the luxury of a foyer or mudroom? We found some essentials to help fake one.

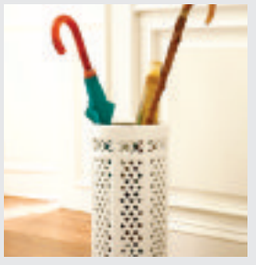
TINA CHADHA
tina.chadha@metro.us

Mirror

Take one last look before running out the door, and you won't ever get stuck with lipstick on your teeth or toothpaste on your face again. **Crate and Barrel Clarendon wall mirror, $149,** www.crateandbarrel.com

Umbrella stand

With all the rainy weather we have, this item is a must. It prevents drippy umbrellas from ruining the floor and saves you the hassle of ever searching for one again. **Porcelain Umbrella Stand, $159,** www.horchow.com



Benches

You need to park it to pull off boots and strappy heels. Bonus: Most benches come with extra storage space below. **Pottery Barn Samantha Entry Bench, $399,** www.potterybarn.com

More tips

- **Pile pretty:** Add a pretty tray on top of a shelf for an elegant way to hold mail.
- **Rock on:** Place an old tray by the doorway and fill it with rocks. When you come in from walking in the snow or rain, place your boots on the tray to drip-dry without creating a puddle on the floor.

Nate Berkus tray, $25, Target stores beginning Oct. 21.

Shelf, console or even dresser

No matter what kind of space you're working with, you need a spot to stash mail, keys, sunglasses and more. If you don't have any type of foyer, a shelf or super skinny console next to your door is perfect for holding the essentials — as well as some welcoming pick-me-ups like picture frames and candles.

If you're lucky enough to have a passageway, a dresser or unit with drawers is ideal. Use the cubbies to store and hide clutter. **Urban Outfitters Modern Wall Shelf, $22 and Reclaimed Wood Chalkboard shelf, $49 each,** www.urbanoutfitters.com

Hooks or a coat rack

Those of us who don't have the luxury of a hallway closet need to get creative with hooks or invest in a coat rack. Both take up very little space and prevent the coats-on-the-sofa catastrophe. **Anthropologie Melded Poppies Double Hook, $22,** www.anthropologie.com; **West Elm Metal Tipped Coat Rack, $160,** www.westelm.com

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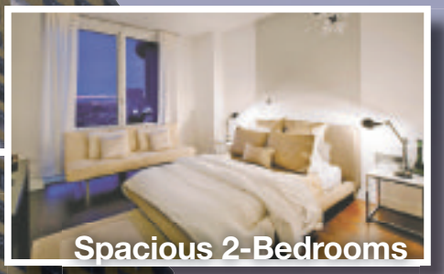

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